



THE STUTTERING FOUNDATION

A Nonprofit Organization


AUTUMN 2017

Since 1947... Helping Those Who Stutter



ON A MISSION

FOLLOWING THE JOURNEY OF THE JAGUAR



Journey of the Jaguar

by Alan Rabinowitz, PhD . Panthera CEO

In addition to being a long time friend and supporter of the Stuttering Foundation, Alan Rabinowitz, PhD is the CEO of Panthera, the world's only organization devoted exclusively to the conservation of the world's 40 wild cat species and their ecosystems.

One of the world's leading jaguar experts, Alan first communed with jaguars as a young child in the Big Cat House at the Bronx Zoo. He is credited with identifying the need for a novel, range-wide approach to conserving the species. In 2006, Alan established the Jaguar Corridor Initiative, a sweeping effort to preserve the genetic integrity of the species from Mexico to Argentina. He has authored over one hundred scientific and popular articles and eight books. The following is Alan's personal journal entry at the beginning of his most recent expedition, the Journey of the Jaguar.



Welcome to the Journey of the Jaguar! In this pilot expedition on our three year adventure, we are traveling to the most important jaguar area in all of Mexico, the Yucatan Peninsula. We received news of potentially devastating deforestation taking place in the Yucatan, where two core jaguar populations (we call them Jaguar Conservation Units, or JCUs) thrive in heavily forested terrain. I've seen the end result of large scale deforestation elsewhere in the world and we need to see if we can stop that from happening in the Yucatan. The threat of isolation for even the best remaining forests with jaguars is our greatest concern. Forests are disappearing here at some of the fastest rates in the country—and the jaguars along with them.

Although Panthera has had an agreement with the Mexican government since 2015 to advance the Jaguar Corridor Initiative in the country, we've only just gotten started, having hired a new, dynamic Mexican coordinator, Diana Friedeberg. There is a lot to see and learn about Mexico's system of protected areas and private lands because it's a system unlike any other in Latin America. Proper protection and conservation in Mexico is challenging.

On this trip, we'll meet with the directors of two large protected areas to assess the threat of isolation for the core jaguar populations living in each of their parks, and discuss how to maintain critical connections between them. We'll visit with ranchers and community leaders to learn about what, if anything, they are doing to protect jaguars and other wildlife on their lands, and learn the extent of the conflict between jaguars and livestock.

Above all, we'll be looking for jaguars. Our partners in the Yucatan, Dr. Mircea Hidalgo and his team of researchers at the University of Tabasco, have been working with local landowners and communally-owned farms, called *ejidos*, to conduct camera-trap studies on their lands. Understanding the distribution of jaguars in the region is the key to protecting them, and the essential first step in any science-based conservation plan.

The Stuttering Foundation is happy to help sponsor Panthera's Journey of the Jaguar that Board member Dr. Alan Rabinowitz will be taking for the next three years. Both organizations work to promote, protect, and respect the voices that too often go unheard. To follow Alan and the Panthera team's incredible journey, follow along online at www.journeyofthejaguar.org.

THE FOUNDATION CELEBRATES 70 YEARS!



The Lotos Club in New York City was buzzing on May 11th as longtime friends and family (and even one furry friend!) attended the 70th Anniversary Stuttering Foundation Celebration. "The crowd was having a great time - all were engaged and engaging!" remarked longtime SFA friend and supporter Bruce Kanarek. Among those in attendance was TV news anchor John Stossel, who biked over from Central Park to support the cause.



In addition to celebrity guests, the Foundation Gala enjoyed hosting a delightful four-legged attendant: Georgie the dog (pictured above with Pet Partner Holly Clark). A formerly abused, now therapy dog, Georgie is the family pet of Holly Clark.



President Jane Fraser treated those in attendance to a video tribute to her father, Malcolm, who founded the Stuttering Foundation in 1947.



Stuttering Foundation Receives \$200,000+ Bequest

Earlier this year, the Stuttering Foundation received a bequest from the estate of Kazuo "Alan" Yamakawa totaling more than \$200,000.



Mr. Yamakawa (June 18, 1918 - June 5, 2010) was renowned for his work in semiconductor research. He graduated Phi Beta Kappa from Stanford University in 1940. During World War II, he was relocated to an internment camp.

He was awarded the John Switzer fellowship in electrical engineering at Stanford University in 1942, but was not able to accept due to his relocation. After the war, he earned masters and doctoral degrees in physics at Princeton University, then went on to work in semiconductor research at various companies and national laboratories. He lived in Monterey Park, California.

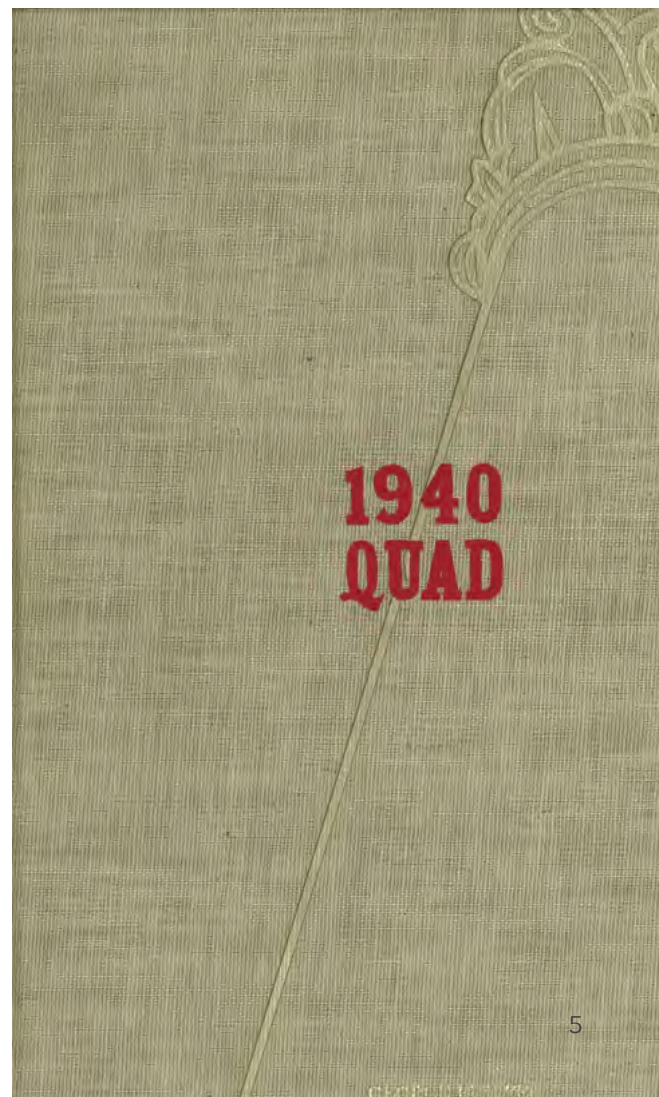
"We are profoundly grateful for this generous gift, knowing it will go to help many people who stutter all over the world."



Mr. Yamakawa, who himself stuttered, began contact with The Stuttering Foundation in 1992 and has been a committed partner ever since.

"His donation will go directly to funding the assistance we give to the stuttering community. Each year, we use these funds to create and distribute materials about stuttering and its treatment. Additionally, we host workshops for speech-language pathologists and fund research efforts to find the cause and improve the treatment of stuttering. We are profoundly grateful for this generous gift, knowing it will go to help many people who stutter all over the world."

pictured above: Kazuo "Alan" Yamakawa, 1940





A Bright, Shiny Object

by *Edward G. Conture, Ph.D.*
Professor Emeritus,
Vanderbilt University



Research findings can sometimes serve as a bright, shiny object, distracting our attention from the methods of study. Finding that more preschool-age children stutter than previously thought (Reilly, et al 2009, 2013) appears to have captured more interest than the articles' associated methods. This is problematic given that methods can significantly impact findings.

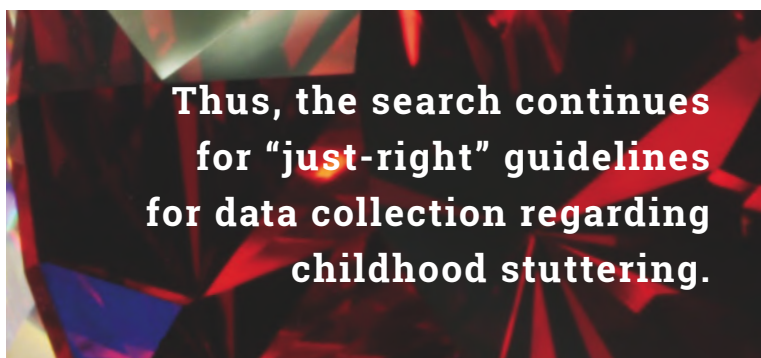
For example, how frequently researchers sample information from parents when studying children's stuttering can appreciably impact results. At one extreme – where most problems reside – sampling can be underwhelming (e.g., a single report of a child's teacher from the first day of kindergarten), and at the other extreme, overwhelming (e.g., repeatedly asking parents for weekly judgments of their child's stuttering frequency/ severity). In fact, we are still searching for a goldilocks or “just right” solution to data collection procedures that reside between such extremes.

Fortunately, the (Reilly, et al 2009, 2013) studies provide a window through which to evaluate such data collection procedures. Certainly, these two studies are very commendable for their sample size and appropriate longitudinal design involving multi-methods to study early childhood stuttering; however, the studies seemingly offer less than a “just right” solution to data collection regarding childhood stuttering.

Månsson (2005) had previously reported even higher percentages of stuttering in young children. There are two seemingly problematic data collection procedures reported in Reilly, et al (2009, 2013): (1) (mis)using the power of suggestion, and (2) overestimation due to memory.

Regarding use of the power of suggestion, these studies provided parents, apparently before stuttering was determined by trained professionals, information about stuttering in the form of a “refrigerator magnet defining stuttering with examples.” Because this method seems to impress on the minds of parents the authors’ definition of stuttering, it would appear to be an example of the (mis)use of the power of suggestion.

While some might applaud this procedure for its ability to determine the “true” prevalence of early childhood stuttering, it may, just as easily, increase the likelihood of false positives. Typically, parents call or come to clinics with their own concerns about their child’s speech fluency, which clinicians subsequently explore to determine whether the facts of the matter confirm, de-confirm or yield uncertainty about the parents’ concerns. Clinicians do not typically suggest to the community of parents at large, before a problem exists, their definition of stuttering, and then encourage parents to be vigilant for its occurrence and “contact us if you see/hear it.” In other words, clinicians typically avoid telling parents to, “seek and ye shall find” and/or raising parental concern where there likely would not have been any.



Regarding overestimation due to memory, these researchers report that, “Reminder letters were ...sent every 4 months for 12 months to all families who had not opted out, (asking) ...parents to telephone the research team if their child displayed any of the stuttering behaviors” described on the refrigerator magnet. This procedure certainly produced a large amount of data. Just as certainly, however, repetitive parent contacts, emails, interviews, phone calls, queries, letters, etc., with each contact occurring fairly close in time, increases the risk of “overestimation due to memory” (Carmines and Zeller, 1979).

Such overestimation typically occurs when time between samples (e.g., Sample 1 and 2) is relatively short, increasing chances that the parent, clinician or researcher will remember their earlier judgments and repeat them, providing more consistent responses than are factual.

This renders parental judgments vulnerable to remembrances of things (recently) past. While the studies’ reported findings may indeed reflect consistency of parental judgment, such consistency may equally suggest the influence of parents’ previous reports on their present and/or future memories, calling into question the accuracy of the investigators’ estimation of the number of young children who stutter.

Thus, the search continues for “just-right” guidelines for data collection regarding childhood stuttering. At present, it would seem that a prima facie case can be made that the aforementioned data collection procedures had an untoward impact on the validity of the reported findings. Although some may argue that the data collection procedures in question are not only novel but bring some clarity and simplicity to the complex problem of empirically studying early childhood stuttering, this writer is reminded of the common paraphrase of H. L. Mencken that, “For every complex problem there is an answer that is clear, simple, and wrong.”

References

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Here's what some of our **236,000 friends** are talking about in our Facebook community

Stuttering Foundation @stutteringhelp



Stuttering Foundation



"I used to stutter. And when I sang, I didn't stutter, and singing became my safe haven." - Marc Anthony



Julie: I did not know that Marc Anthony had stuttered. But I agree, singing can be a safe haven. I never stutter when I sing, and I love to sing. I am no Adele, but I have a pretty decent voice, at least that is what others have told me. I have also found that when I try to speak with an accent, I have less trouble speaking.



Kevin: Me too, Julie! Also (I have less trouble speaking) when I impersonate other voices or people.



Stuttering Foundation



Stress and stuttering. How does it affect your child?



Victor: I used to think of dying instead of enduring the humiliation of not being able to speak fluently. But now I learn to love myself, I believe no one is perfect so I take it easy on my speech problem. I feel life is much easier when I'm open about my problem and don't deny it.



Lauren: I felt the same way. I'm happy for you that you were able to conquer that feeling. It took me years to handle it and it wasn't until about 5 years ago when I let it all go.



Alexandra: You go Victor! I know how that feels....when I was in my early 20's, my stutter was so bad that at one stage I thought it would be better not to speak AT ALL, I couldn't get a job, had hardly any friends, and very low self esteem....I slowly realized that, as you said, self acceptance, self love, and letting go of the FEAR, fear of rejection and failure is the only way to conquer the Beast.



Stuttering Foundation



Stuttering Foundation books have been translated into 41 languages!

French, Spanish, Italian, Flemish, German, Swedish, Danish, Japanese, Vietnamese, Chinese, Cambodian, Thai, Lithuanian, Korean, Arabic, Karen, Icelandic, Finnish, Persian, Zulu, Czech, Slovak, Russian, Slovenian, Bosnian, Croatian, Serbian, Turkish, Hindi, Hebrew, Sinhala, Tamil, Kinyarwanda, Afrikaans, Swahili, Polish, Norwegian, Albanian, Portuguese, Estonian, and Macedonian.



Vikas: What about Hindi?



Stuttering Foundation: Hindi is on our list!



Stuttering Foundation



Did anyone catch Ed Sheeran on Game of Thrones Sunday night?



Pedro: Is this a rhetorical question?

STORIES IN STUTTERING SUCCESS

Erik Weir: Be Grateful and Don't Be Afraid to Work Hard to Achieve Success

Erik Weir is a successful money manager, specializing in marketable securities and real estate, helping people achieve their dreams through prudent financial management. But this self-made success story struggled with stuttering, which, along with his faith in God, made him the man he is today.

At age 5, Erik was in a traumatic auto accident, after which he began to stutter heavily. “I remember how it took me two days just to get my name out in first grade. It was tough.” His father stuttered as a child, and Erik received therapy in both his public school and privately. “It helped a lot, but I still stuttered quite a bit.”

As a child, Erik confronted his stuttering through a series of businesses: selling lemonade on the corner by school and, when he got a little older, mowing lawns in the neighborhood. He sold lawn care services door to door, speaking with adults, despite his stutter. He also bought and sold cars for a profit. “Stuttering got me started in business and I learned that it was actually really good for sales,” said Erik. “I sold lots!”

Unfortunately for Erik, teachers didn't always intervene in the teasing from bullies. “They made fun of me often, gave me nicknames, and mimicked my stuttering. It made me insane. I channeled my energy into reading the Bible, participating in sports and I took up martial arts. I received my blackbelt at age 18. That really gave me a great deal of confidence.”

Over the years, Erik's stutter has gotten less noticeable. “I taught myself to be grateful that I stuttered, and that it was OK to be different. I stopped fighting it, and started embracing it, but that is something I still struggle with today.”



Erik Weir with his family

When asked about what triggers his stutter today, Erik mentioned several things. “Sleep is important and too much caffeine can be a real problem,” he chuckled. “Because I really like coffee and never sleep enough—I just need to push through. New situations are also difficult, but I mainly just try to forget about stuttering. I speak publicly, which may be counterintuitive. I always tell people not to avoid uncomfortable situations—embrace them!”

“Use the pain and insecurity you feel to be kind and help other people. It really pays off.”

Erik has advice for children who stutter, just like he did: “Be thankful for who they are, and find a way to be grateful. Realize you are different; it's not bad, just unique. Thank God for who you are and be thankful. Above all else, don't quit on your dreams. Use the pain and insecurity you feel to be kind and help other people. It really pays off.”

ART ON A MISSION

My name is Achilleas Souras. I'm 16 years old and I live in Barcelona. Growing up, talking wasn't always easy for me. Speaking on the phone was hard. There were times when I was mocked and other kids finished my sentences for me. Sometimes I changed my words because I stuttered more on certain sounds. I believe that my stuttering gave me a special affinity towards those that are misunderstood or labeled.

I turned my energies into basketball, a game that allowed me to be myself, without feeling the pressure of verbal communication. It was through Bob Love, my basketball mentor, that I met Susan, a Seattle-based Speech Therapist. We formed an instant connection. I committed to 5-8 hours of daily speech therapy to face my biggest challenge ever. It was uncomfortable at times as we recorded my voice, discussed my feelings, role-played speaking situations and practiced in public. It was also the most rewarding thing I have done. I discovered words were within my verbal reach. I learned

to “own” my stuttering.





Last year, I came up with the idea of making an “igloo” art-piece that I named “Save Our Souls.” I created it out of discarded refugee life jackets from the thousands that were amassing on the Greek islands. The life jackets symbolized a sturdy “soul” that had managed to carry a human being to safety across rough seas. I hoped to create public awareness.

I started receiving requests to have my “art piece” exhibited at museums around the world. After that, I started receiving requests for

interviews over the phone and on radio, and although a bit nervous, I did them. I am now preparing to go to Milan for the International Design Fair where I am building a new installation based on the original concept.

I am excited and hopeful that my project will continue to be a reminder that we should use more than just a singular perspective to understand the people and the world around us.

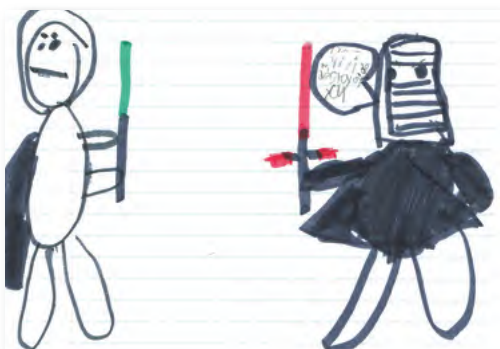
written by Achilles Soutas





DEAR SFA:

KIDS LETTERS TO THE STUTTERING FOUNDATION



Help Others Not Stutter

Hello, my name is Aaron. I am 7 years old and I am in 2nd grade. When I stutter I use chunking to not stutter. Sometimes I feel frustrated when I stutter when I talk to my friends. I like to play Star Wars the Force Awakens and watch Star Wars the Clone Wars. And I play Pokemon Go. Help others not stutter.

Aaron, 7 . Lititz, PA



Do the Things You Want

My name is Casey and I am a fifth grade student in Dedham, Massachusetts. I started to think about all that I have accomplished, despite the fact that I stutter. You see, when I was younger I thought there was nothing wrong with my speech. But when I was in first grade I found out that I stuttered. I was a bit confused about stuttering when I first heard the word. I didn't know exactly what it was...was it that I had trouble talking? Did I have trouble with certain sounds? What I came to realize was that when I stuttered my words were bumpy and sometimes got stuck. I had many obstacles to overcome. Sometimes, I let my stuttering get in the way of activities I liked to do or wanted to try. Later in my life though, I started to embrace stuttering and engage in activities both in and out of school. I didn't let stuttering keep me from pushing myself outside my comfort zone. Who would have thought that the first grader who stuttered would grow up to be on the student council, do all the school announcements, perform in theater productions, play musical instruments, participate in martial arts, compete in the public spelling bee, and be a sports star? Stuttering is perfectly normal and shouldn't keep you from doing the things that you want to do.

Casey, 11 . Dedham, MA

I Have Friends in Speech

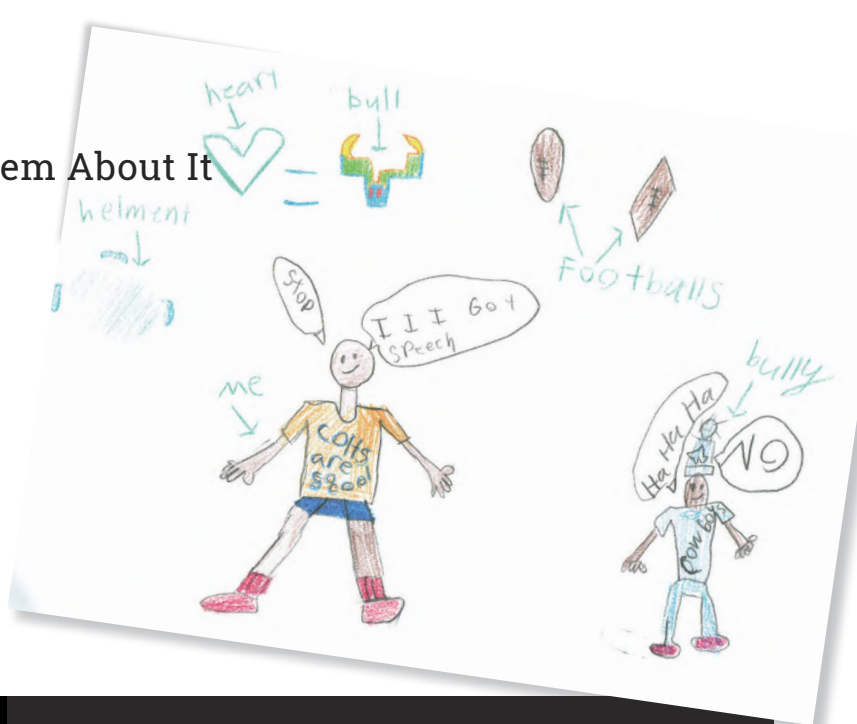
Hi! My name is Roc. I go to speech because I keep saying "um." It is called an interjection. My speech teacher's name is Mrs. M. The thing that makes me have smooth speech is to stop and try again. The fun things in speech are playing games. I go to speech with one fourth grader and two other third graders. They stutter like me too.

Roc, 9 . Thorp, WI

If They Pick On You A Lot, Talk To Them About It

Hi! My name is Preston and I like to play football with my friends. I'm 10 years old and I love to go on walks with my family. I have one brother and two sisters. I go to speech to remember my "r" blends and "r" words. My speech teacher's name is Mrs. M. On Fridays, three 3rd graders and I have a lot of fun. All of us stutter – that makes me feel good that I am not the only kid who stutters. If people pick on you walk away. If they pick on you a lot, talk to them about it.

Preston, 10 . Thorp, WI



Don't Give Up On Speech

My name's Noah. I'm in 8th grade. I've stuttered since I can remember. My stuttering sounded bad, it was terrible. Now it's fine. At first I thought people didn't like it but now they do. I feel ok when I stutter. My speech tools and my speech teacher help me. My speech teacher helps me to use stretchy speech, easy speech, and slow speech. If you stutter, go to a speech teacher.

Noah, 14 . Sibley, IA



Don't Give Up

Hi!! My name is Alex. I go to Mossy Creek Elementary School. I'm in third grade. I started stuttering when I was two. I go to speech one time a week. I use easy onset. That is where you take a deep breath and loosen your muscles up before you say a word.

Something that encourages me is to never give up. I play baseball on a travel team called Team Elite. My advice for you is to not let anything stop you from your goal.

Alex, 9 . Cleveland, GA

Never Stop Trying

My name is Ethan, and I am 10. I love to play video games such as Minecraft and Batman. I like to play basketball and football at recess. What I want to be when I grow up is an Adventurer. What this means is that I'm interested in exploring or researching new species. Or I'd like to be an architect.

It's okay to stutter. Everyone does it sometimes. It's just your brain misfiring because you're excited, and your talking can't keep up with your thinking. My goal is not to have perfect speech but to learn tools to help my speech be better, such as cancellations, pull-outs, phrasing, and easy speech. Cancellations help because when you get stuck on a word, you can stop and start over and move through it like a plow truck. Pull-outs are good because they help you let out your speech. I want to keep practicing to always get better. Practicing keeps me listening to my speech so I can be like a detective.

I think you should never stop trying to make your speech better.

Ethan, 10 . Harpswell, ME

Don't Talk Over Me and Don't Bully

Hi, my name is Sam. I'm eight years old. I feel sad about myself because people make fun of me when I stutter. Relaxed breath helps you not stutter but you still stutter sometimes. The slide helps me by making me relax and slow down. I stutter when I talk fast. I started stuttering when I was 3 years old. People talk over me when I stutter and I get sad. I don't talk over people, but they do. I get bullied by people when I stutter because they laugh at me.

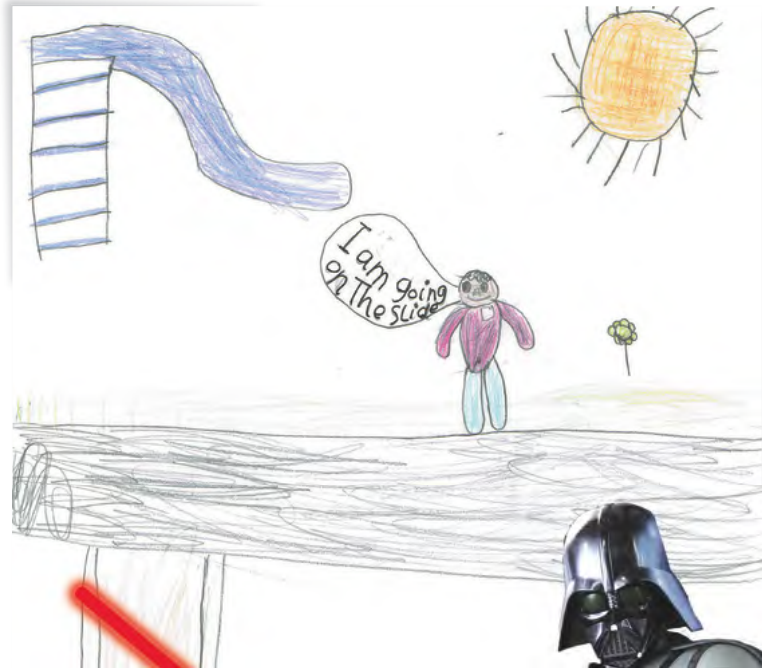
Sam, 8 . Shepherd, MI



Don't Give Up

Hi, my name is James. I am 11 years old. I go to Visitation Catholic School. I started stuttering in Kindergarten. When I stuttered when I was younger I felt happy and sad. When I stutter in front of a crowd, it makes me feel sad. My speech strategies are pausing, easy onset, phrasing, and light articulatory contact. The person who helps me is my speech teacher and one at school. Advice for other kids who stutter is "don't give up and do your best with speaking." I wish that I never stuttered.

James, 11 . Elmhurst, IL

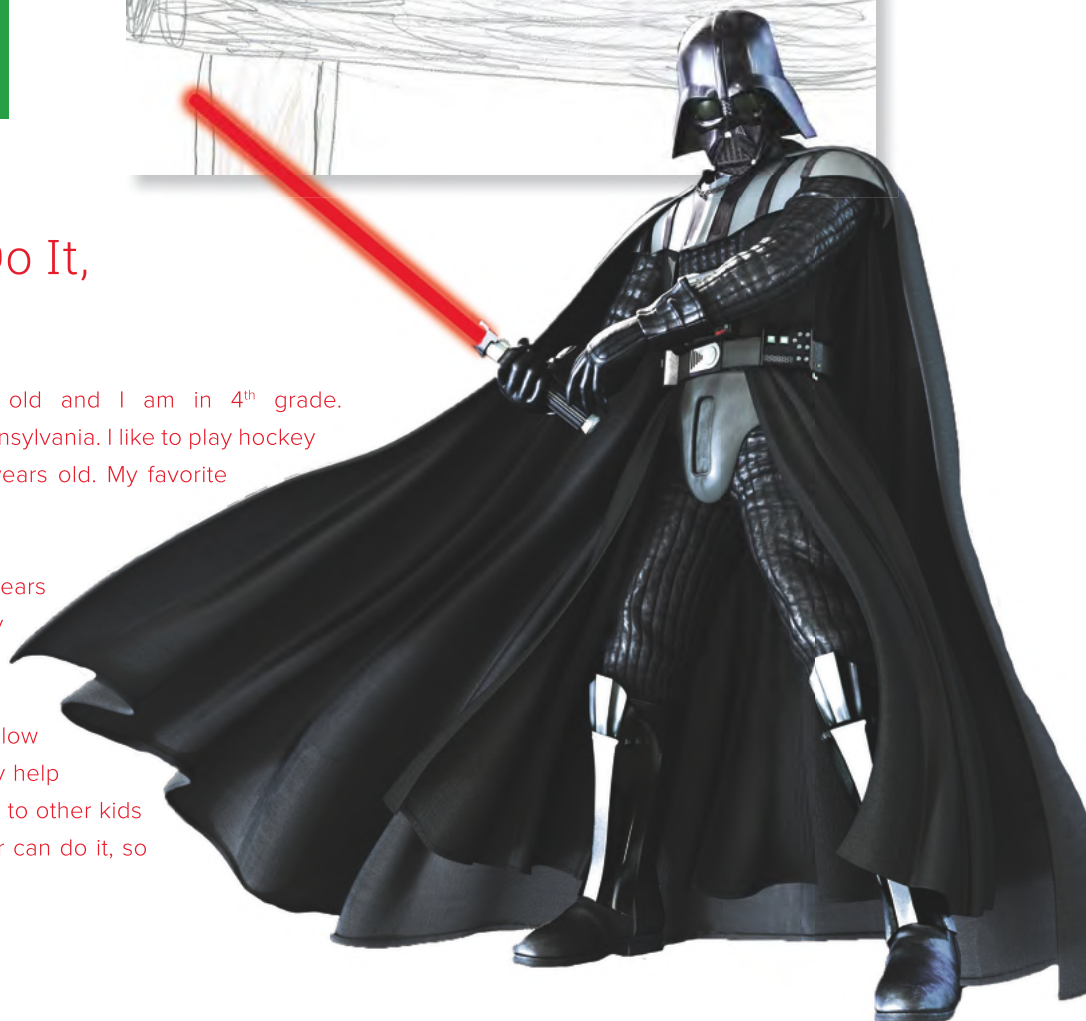


If Darth Vader Can Do It, So Can You!

Hi! My name is Rylan. I am 10 years old and I am in 4th grade. I go to Our Lady of Peace School in Erie, Pennsylvania. I like to play hockey and I have been playing since I was four years old. My favorite hockey team is the New York Rangers.

I have been stuttering since I was four years old. I mostly stutter with blocks. I would say wwwwwwwwhat. It feels like my mouth is going to break. My speech teacher is Mrs. B. She helps me with my tools. They are slow speech, stretchy speech, and cancel it. They help me talk like a kid and not a robot. My advice to other kids who stutter is Never Give Up! If Darth Vader can do it, so can you!

Rylan, 10 . Erie, PA



STUTTERING

Hi, my name is Vincent and I live in Madison, Wisconsin, and I stutter. I'm in fifth grade and go to a school that is bilingual, call Nuestro Mundo Community School. I started stuttering when I was 3 years old. When I stutter I feel weird and sometimes I feel mad when I stutter because I want to say something but I can't say it. Some of the strategies I use to help me are pull out and cancellation. Pull out is when you get stuck in a word, you take a deep breath and gently keep saying it. Then cancellation is kind of the same thing but when you're stuck, you stop and start over but slow and soft. The best strategy for me is pull out because I don't like starting over. I notice that when I read in my class out loud I don't stutter at all but when I talk to people I do stutter and I'm not sure why that is. Even though I stutter, I will keep practicing to get better.

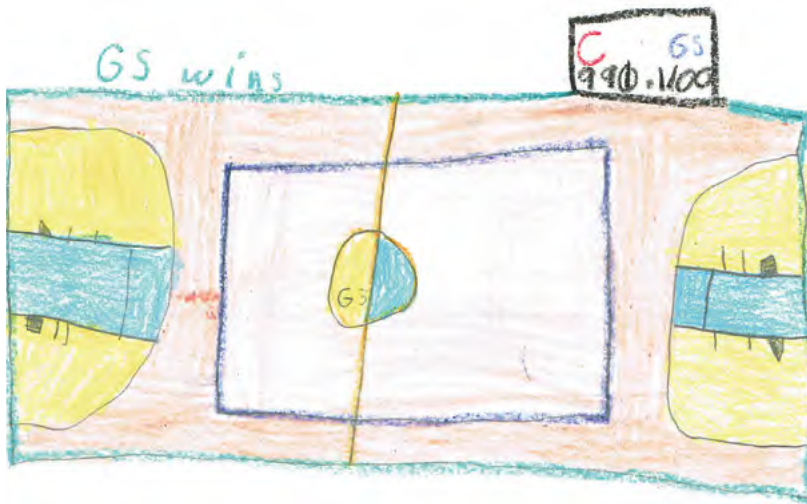
Vincent, 11 . Madison, WI



BE BRAVE

Hi, my name is Kaden. I have a twin brother named Kamen. My birthday is May 20th and I am 7 years old. My favorite subject in school is math because I like to add and subtract. Kamen and I play Roblox on my tablet. I stutter. The strategy that helps me is "stretchy speech." My advice to other kids who stutter is to "be brave, and ignore the people that laugh at you or just walk away."

Kaden, 7 . Little Elm, TX



Walk Away When People Make Fun

Hi, my name is Brayden. People make fun of me because I stutter. I walk away when people make fun of me. I have learned strategies to help me stop stuttering. I think that stuttering is ok because you can't control it. I am 8 years old. I like to play basketball and I like Stephen Curry (Golden State Warrior sharpshooting Point Guard). I go to Rossville Elementary School.

Brayden, 8 . Rossville, IN



I Can Start Over

When I stutter only a little air comes and it feels like something is stuck in my throat. I am OK because when I stutter I can go back and start over.

Niyah, 6 . Roseville, CA

Never Be Intimidated

Hi! My name is Brayden. I am 11 years old, and I am in the 5th grade. I go to St. Aloysius Catholic School in Pewee Valley, Kentucky. I have been stuttering for a long time. I go to a speech therapist named Mrs. S at Stopher Elementary in Kentucky, she is really cool. Sometimes, I have part-word repetitions or I run out of air. Sometimes, I also take big breaths or inhale when I am talking, this causes me to tense up in my neck. Mrs. S tells me to exhale slowly and stretch out the word I am having trouble with. The strategies I recommend for kids that stutter are: breath control, light contacts and stretching. Never be intimidated and always be yourself. I hope these strategies help you in the future.

Brayden, 11 . Louisville, KY

Cluttering

About Me:

Hi, my name is Aidan and I am 10 years old and I'm in fifth grade. I go to a bilingual school in Madison, Wisconsin called Nuestro Mundo. I cluttered when I was little but no one knew until I was in fourth grade.

What I Know:

Cluttering makes you talk fast and repeat words. I use a pacing board to slow me down or I can tap the table sometimes. I have trouble organizing my thoughts or am not sure what to say. When I am talking fast my words form one word. For example: "I need to go" turns into "Ineedtogo."

What I Want to Know:

I want to learn more facts about cluttering such as how to control cluttering, how to know when someone is cluttering, and how many people clutter.

What I Learned:

Some people that clutter have difficulties like handwriting and more. When people clutter their speaking does not seem clear, or they talk too fast based on an overall impression or actual syllable per minute counts. Sometimes people that clutter leave off the ends of words and they are difficult to understand.

Aidan, 10 . Madison, WI

Don't Let Other People Bully You

Greetings, my name is Jamol. You probably said my name wrong. Anyway, I am 9 years old and I go to Macungie Elementary School. I live in Macungie. I bet you said that wrong, too. Well, my speech teacher, Mrs. B, taught me a lot of great strategies. One of them is easy onsets, when you sound out the word smoothly like hhhh. Another strategy is stopping, take a deep breath, and say it clearly. I hope you are reading this because it means a lot to me. Here's some advice: don't let other people bully you about your stuttering. What helps you?

Jamol, 9 . Macungie, PA

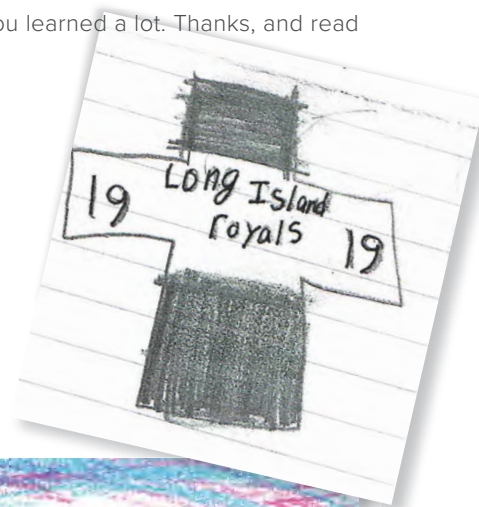
Techniques

Hi, my name is Johnny and I'm 9 years old. I live in Kings Park. I go to RSO Elementary School. My speech teacher is called Mrs. G. I'm in 4th grade. Mrs. G is very, very nice. She helps me work on my stuttering. I learned stretchy speech. Stretchy speech is where you take a rubber band or sticky tack. I always put the sticky tack behind my back. It works pretty well – you should try it. Another one I learned is light contact where you have light words coming out of your mouth. The next one I learned is easy onset. Easy onset is you speak just like you were going down a mountain. For example, "I play hockey." I hope you learned a lot. Thanks, and read my story again!

P.S. I love hockey!

Johnny, 9

Long Island, NY



My Dad and Brother Stutter Too

Hi, my name is Morgan. I am 8 years old. I go to school at Rossville Elementary. I stutter. My dad and my brother stutter, too. I learned Pausing, Stretchy Speech, and Slow Speech strategies. I like to play tag. I have two dogs. Their names are Cohen and Chloe. Cohen is black and brown, and Chloe is black and white. Cohen is a boy and Chloe is a girl. I have two brothers, one in 4th grade and the other is in 7th.

Morgan, 8 . Rossville, IN



People Say What I Was Going to Say

Hi, my name is Connor. I am 10 years old and I live in Cumberland, RI. I like to play football and lacrosse. I also like to watch WWE and play WWE 2K17. I started my stuttering in Kindergarten and it's been happening through 4th grade. When I stutter I run out of breath, I block on words, and I repeat words. I feel embarrassed because people say what I was going to say. I go to somebody at my school (for speech therapy) and her name is Mrs. F. We practice my strategies such as deep breath, stretching my words out, cancelling, and think time. If you don't know anyone else that stutters, there are many people who stutter. You are not the only one. Do not worry. Try your strategies in class and when you talk to your friends.

Connor, 10 . Cumberland, RI

Be Yourself!

Hello, our names are Anabelle and Immiy. We are 4th graders at Randall Elementary in Madison, WI. We learn to control our speech in speech therapy with the help of our speech therapists, Ms. D and her student teacher Ms. H. We've been working on our stuttering for the past year and we've been making great progress. Sometimes when we stutter we wonder why is it that we stutter. We don't know what causes us to stutter, but we know that we can use strategies to help us be more fluent. One strategy that helps us with our disfluencies is to spend time with our pets as that helps calm us down. Other strategies that help us are slowing down our speech rate, pull-outs, and cancellations. Sometimes the thought of stuttering in front of a large crowd can be terrifying. Just remember to continue on with what you have to say because it is important and everybody stutters at some point in their life.

Anabelle, 10 and Immiy, 9 . Madison, WI



It's Okay to Stutter

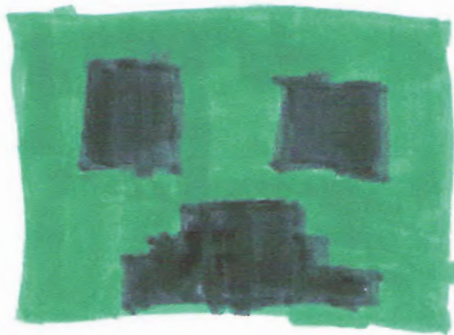
Hi, my name is Braxton. I am from Virginia. I am in 2nd grade. I am 8 years old. I used to stutter a lot, but after a few months I got better. I love speech – it is fun, we play games and do activities – I love speech! I learned a strategy that is called belly breathing. You put your hand on your belly and breathe through your nose and out of your mouth. Here's another strategy: you put your hand on your lap and start tapping – now you have a rhythm and start talking. It is okay to stutter!

Braxton, 8 . Midlothian, VA

Eye Contact is a Good Tool

My name is Elijah. I have been stuttering a long time now, since 2nd grade. I am now 11 and in the 5th grade. I go to school at Pine Butte Elementary School and I live in Lame Deer, Montana. I like to play kickball and frisbee. I also like to go fishing a lot. My favorite stuttering tool is using eye contact or cancellation. When I am in class, I have the hardest time with my stuttering. I have been starting to belly breathe to help me calm down. I practice belly breathing at home.

Elijah, 11 . Lame Deer, MT



Be Your Best and Say What You Want

Hi! My name is Kanaan and I'm 10 years old. I've been stuttering for as long as I can remember. My mom said I have been stuttering since I was 3 years old. No one else in my family stutters.

Stuttering is like a "creeper" from Minecraft. It creeps up on you and explodes unexpectedly, just like stuttering. You don't know a creeper is there until you hear a hissing sound right before the explosion. Just like with stuttering, you don't know it's going to happen until you feel tension in your voice box as the stuttering starts.

To defeat a creeper, you have to have a weapon, which could be a sword. With stuttering, your weapons are speech tools. Some of my speech tools are: cancels, slides, easy speech, pausing, and light contact. I use these tools to help prevent or fix stuttering.

Stuttering is not your fault. It's OK if you don't like stuttering, you are not alone. Don't let stuttering stop you from being your best and saying what you want to say.

Kanaan, 10 . Elsmere, KY

My Family is ALWAYS Busy

Hi, my name is Justis, and my nickname is "Izzy" or "J-man." I can be called either one. I am 10 years old and in the 6th grade at River Oaks School in Galt, California. I started going to speech in 2nd grade and have been working on my stuttering since then. Sometimes I stutter because live in a family of 3 boys (including me) and my family is ALWAYS busy. The only time I don't stutter is when I use my strategies or when I sing (mainly rap songs). A few strategies I use are "mine turtle speech" (slowing down speech or else you will "explode"), "sssssstretchy speech" and "loading your raft" (thinking about what you would like to say), and pausing between words and sentences J. Also, I try to remember to relax my neck and facial muscles to help with my speech.

Justis, 10 . Galt, CA



I Have Friends Who Support Me!

Hi, my name is Alyson. I am 8 years old and go to Buckman Heights Elementary in Rochester, NY. I've been stuttering for as long as I can remember. If you think you're going to stutter, don't think about it and instead use strategies. Here are some strategies I like to use: Slow Rate (speaking slowly), Easy Onset or Sliding, and Relaxed Breathing. I stutter when I'm talking in a big crowd. When I stutter I feel embarrassed.

Luckily I have friends who support me!

Alyson, 8 . Rochester, NY

When I Stutter...

My name is Isabella, and I'm 10 years old. When I stutter, I have to just relax and say it again. I have to think I'm a dragon soaring in the sky, and stuttering is what makes me, me. So, I feel good, even when I stutter.

When I stutter, it sounds like a repetition or a prolongation. When I stutter, it looks like I struggle with repetitions and sometimes with prolongations. When I stutter, sometimes before I stutter, I turn it into a prolongation, and then I restart when I'm done.

Don't worry about stuttering, it's what makes you, you, and people can help, like your speech teacher.

Isabella, 10 . Garland, TX



I Will Play With You

Hi, my name is Kamen and I am 7 years old. I have a twin brother named Kaden. My birthday is May 20th. I also have a sister who is grown. I stutter at school and at home. When I stutter, the strategy I like to use is "stretchy speech." Kaden and I play games. Kaden and I play Roblox on my tablet. I want other kids who stutter to know it's okay to stutter and I would play with them!

Kamen, 7 . Little Elm, TX

I Try to Get it Right – You Can Too!

Hi! My name is Evelyn. I go to Macungie Elementary School. I'm in 4th grade. My speech teacher is Mrs. B. The reason why people stutter is because your vocal cords get stuck and then you stutter. What I like to do is to stretch the word out by the first letter like HHHello. The parts of your body that you use to talk are your lungs, throat, voice box, lips, brain, tongue, jaw, and teeth. I feel OK about stuttering, and I try to get it right. I know you can too!

Evelyn, 9 . Macungie, PA

My name is Annabel and I'm 6 years old. I home school, and sometimes I have to think a little bit to sound out the word. I live in Lafayette. I play with my sisters a lot, but mostly I play with Caroline. I don't play with Mary Grace when she goes to school. Sometimes I have to take a deep breath, and sometimes stuttering makes me mad.



Annabel, 6 . West Lafayette, IN

Just Be Yourself!

Hello, my name is Gracie and I am 9 years old. I am in 4th grade and I live in Tennessee. I first noticed my stutter in Kindergarten, and it felt like it got worse in 1st grade. Now I feel like it has been getting better for the last few years. I was a cheerleader in 2nd grade, and sometimes it was hard for me to call out the cheers.

Some of the strategies that help me get better are to: fill up my airbag (and let a little out before I start talking), stretch out the first word of a phrase, keep my speech slow and easy like a turtle, and - - my favorite - - keep calm and start over if I need to. Sometimes it bothers me that I stutter, but not all the time. Talking is easier for me when I'm not around big crowds and when I am around my family and close friends. Last year I got teased because of my stuttering, but my parents, my teacher, and my speech therapist helped me handle the situation.

My advice to other kids who stutter is that it can't change what you do or what you're good at, so just be yourself!

Gracie, 9 . Seymour, TN



Defeat the Dragon with Strategies!

When I stutter it's like fighting a fire breathing dragon. I defeat the dragon by using my strategies. One that really helps me is stretching out the word.

Mason, 9 . Bismarck, ND



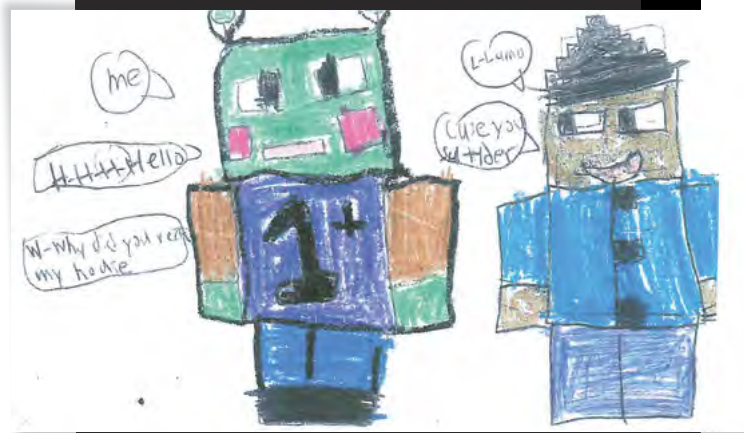
Be Calm and Don't Worry

Hi, my name is Imri. I am 8 years old and I'm in 3rd grade. I live in Little Elm, Texas. I have a mom and a dad. My dad stutters too. My mom and my dad don't laugh or make fun of my stuttering. I have a baby sister that is 1 year old and she loves to play with me.

I like playing tag and hide-and-seek outside. I stutter sometimes, but I use my speech tools like "stretchy speech" and "slow rate." I don't stutter a lot because I listen to my speech teacher.

I would like to tell other kids who stutter not to worry and don't be afraid if anybody laughs at you. Just be calm and ignore anybody that laughs at your stuttering.

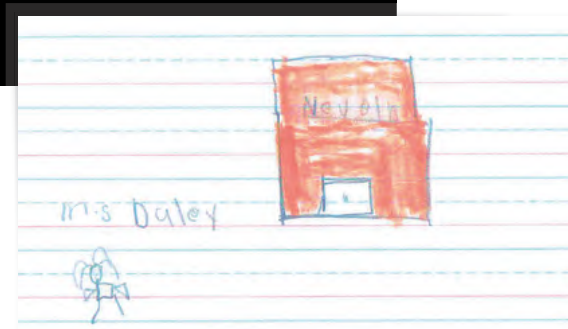
Imri, 8 . Little Elm, TX



Nothing Can Stop Me Now

How stuttering upsets me is that when I sometimes stutter someone mocks me and I hate that and people think I'm dumb. Sometimes how I get stuttering to stop is that I may do the snake: like I would say ssssslide. That helps me a lot. I started stuttering when I was in 1st grade. And my name is Tylon and I'm 10 and in 4th grade now. And I'm very happy to be in speech class – it has helped me a lot. So, nothing can stop me now. Have a good day.

Tylon, 10 . Peoria, IL



I Have Friends at School

My name is Isaiah and my speech teacher is Ms. D. I learn about belly breathing. I learn about starting over on words. If somebody laughs at you, don't listen just ignore them and walk away. I have friends at school.

Isaiah, 8 . Austin, MN



Hug A Giraffe!

My name is Luke and I'm 11 years old and I like giraffes. You can tell I like them because my whole room is giraffe themed. I have everything giraffe themed. I work on my 'th' and stuttering. I went to my therapist and I don't struggle on my 'th's' anymore. What helps me not to stutter is to practice with my stuffed giraffe Hobbes. Don't judge me, okay? It's normal. In speech I use clucking which, guys, is also known as chunking. My advice to you is to take a deep breath before you speak.

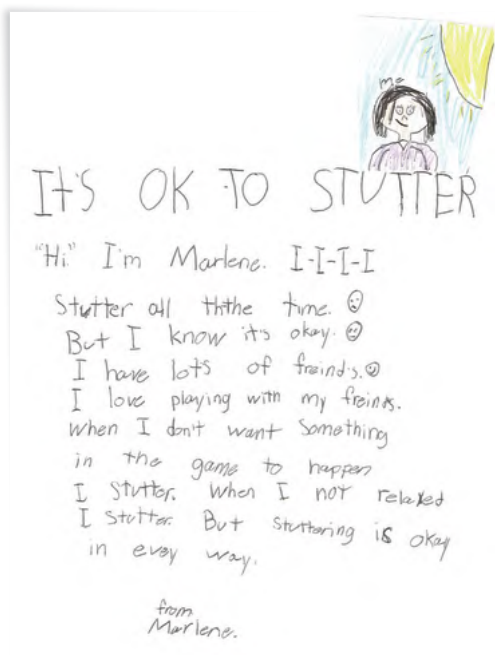
Luke, 11 . Lititz, PA

My Little Brother Stutters Too

Hi, my name is Bene. I am 6 years old and I have a little brother Dere who is 3 years old. I have been stuttering since I was 4. I taught my little brother to stutter because he watches me stutter and hears my bumpy speech. I am calm and patient when he stutters. The tools I like to use are "stop" and "pausing." When you get stuck, take a deep breath and start again.

Bene, 6 . Little Elm, TX

Editor's Note: Bene, actually your little brother didn't 'learn' to stutter from you – stuttering is not 'contagious' nor can it be 'picked up.' But it might be that you and your brother share a genetic component for stuttering. For some people, but not all, stuttering can run in the family, like you might inherit brown eyes or being tall. It is good that you are patient with him, just like you appreciate others being patient with you!



Marlene, 8 . Barnum, MN

You Shouldn't Worry

Hi, my name is Vinh. I am good at gymnastics, building Legos, and making origami. I am 8 years old and I stutter every day. I've learned how to fake stutter, how speech is made, how to link words when reading, and how to talk to my family about my stutter. My thoughts about stuttering are that you shouldn't worry about your stutter. Just let it flow and your speech will get better soon. I recommend you go to a speech therapist to help your speech get better. You will learn new strategies from the therapy.

Vinh, 8 . Union City, CA



Millions of People

Millions stutter.

Millions hate it.

Millions defeated it.

Millions of people but me.

Millions of people are learning to conquer it,
like me.

It isn't that easy to stop stuttering,
just like how millions of people think that too.

Hi! My name is Karwan. I hope you liked my poem! I am 10 years old. I started stuttering when I was about 6 years old. I go to West Lincoln Elementary School and am in 4th grade. And when I grow up I want to be an astronomer because I study space and science. I think stuttering made me who I am because I'm the only one in my ENTIRE family who stutters.

I want to thank Mrs. W for being my speech teacher for 4 years now and she has helped me a lot, and is very generous for helping me. Without her, I wouldn't have known this much about stuttering.

Karwan, 10 . Lincoln, NE



Now I Don't Stutter That Much

Hello, my name is Tayven. I am 8 years old. I live in Kauai. I am learning to not stutter that much. I started stuttering when I started school. Here are some ways that can help you stutter less: take 3 deep breaths, use eye contact, pausing, and stretching out the word. Stuttering used to make me sad but luckily I started to go to speech. Now I don't stutter that much.

Tayven, 8 . Kauai, HI



Stuttering Won't Slow Me Down

My name is Daniel and I stutter. I live in Aquilla and I am 12 years old. I love playing football and riding my dirt bike. I am getting better at my speech by going to class once a week. In speech class I practice strategies for correcting my stutter. I want to be president of the United States of America. Stuttering won't slow me down.

Daniel, 12 . Aquilla, TX

My name is Kate and I am 7 years old. I go to school at Otterbein Elementary. I am in 1st grade. I am good at basketball and art. I stutter at dinnertime. And I stutter at school. My stuttering makes me happy. What helps me is playing games with my family and having a stuffed animal and relaxing.



Kate, 7 . West Lafayette, IN

Playing Games Helps

Celebrity Sporty Stuttering Survey

Hola! Your friendly neighborhood surveyor here! A couple of days ago I gave people at Purdue University a survey. I named it Celebrity Sporty Stuttering. We, my speech therapist Ms. Katie and I, surveyed 26 at the Purdue Memorial Union. Every person we asked said, "Sure!" "Yeah!" "Why not?" or looked at me, looked at their partner and looked back and said, "Sure, why not?" When we were done I felt accomplished. We also met another person who stutters and works at the service counter.

1. Do you know what stuttering is?
2. Do you think that Lionel Messi would still be a famous soccer player if he stuttered?
3. Do you know a person who stutters (not counting this surveyor)?
4. Does Shaquille O'Neal stutter?
5. What percent of the world stutters?
6. Do you think Miley Cyrus would still be famous if she stuttered?

Thank you for reading this and I hope you liked it!

Lael, 11 . West Lafayette, IN



Mary Frances, 10 . West Lafayette, IN



Working on Not Stuttering That Much

Hi. My name is Izze. I am 7 years old and am in the first grade. I started stuttering when I first got in school. I am working on how to not stutter that much. When I am stuttering I take 3 deep breaths. I use easy onset. I am learning how to not stutter.

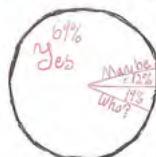
Izze, 7 . Kapaa, HI

Celebrity + Sporty Stuttering

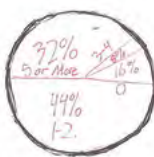
1. Do you know what stuttering is?



2. Do you think that Lionel Messi would still be a famous soccer player if he stuttered?



3. Do you know a person who stutters? (Not counting surveyor)



4. Does Shaquille O'Neal stutter?



5. What Percent of the world stutters? (Answers in black)



6. Do you think Miley Cyrus would still be famous if she stuttered?



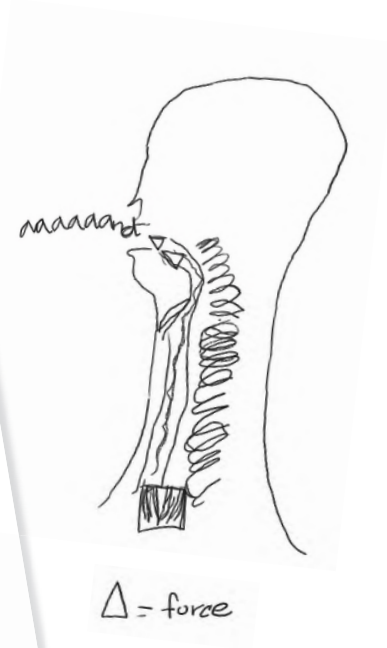


We Work on Our Skills Together

Our names are Beckett, Behdad, and Derrick. We are in 4th and 5th grades at Tierra Linda Elementary School. We come to Speech to work on our speech skills because we stutter. We practice our smooth speech with four strategies called: slide, stop and think, belly breathing, and stretchy speech. We also practice by playing games and using bumpy speech on purpose. We watched this video with a boy named Mushy and he stutters a lot. He went to a group with lots of people. He learned lots of strategies including talking to strangers and belly breathing. We felt happy when he didn't stutter. We like coming to Speech because we play games and we don't like to stutter.

Pictured, L to R: Beckett, 10; Behdad, 9; Derrick, 11 . Camarillo, CA

Hi, my name is Violet.
 I'm seven years old
 and i'm in second grade.
 I like to draw and
 write. Sometimes
 it is hard to talk.
 Some people
 think that if you
 push when you stutter,
 it will help. It won't.
 If you stutter on a
 pro long at ion and you
 push, it won't help.
 Just start over and use
 your strategies.



It Is Hard - What's Your Story?

My name is Carlos and I'm 10 years old and I was stuttering for a lot of years since the day I was born. In my experience, I hate stuttering. When I'm at school kids pick on me because of my stuttering and I hate it. Sometimes I just try not to stutter and it is very hard. What's your story?

Carlos, 10 . Waterbury, CT



Smooth Roads and Bumpy Road

Hi! My name is Levi. I am in third grade and I'm almost nine years old. I watch TV and I play with my sister Carly. I wear hearing aids because they make me hear.

My favorite thing we do in speech is practice my sounds. I also learned about smooth and bumpy speech. We used a car and Play-Doh, talked, and if you said something smooth, you put the car on the smooth road. If yours was bumpy, you went on the bumpy road.

Levi, 9 . Thorp, WI

Knowing More About Stuttering Makes a Difference!

Hello, my name is Ryan, and I am a person who stutters. Throughout my childhood, stuttering was an invisible barrier. No one knew of it. My speech impediment was hard to go through.

I suffered extreme bullying from others. As the bullies would verbally attack me I would physically fight back or I would withdraw from others to avoid getting angry and to avoid stuttering. Back then, my speech made me feel obsolete. I felt as if I was a broken machine that couldn't get the job of speaking done. I would avoid others and I started to absorb everyone's insults. However, this is what made me a stronger person.

In about second grade I wanted to let people to know that I stuttered. So, throughout my elementary years I started to help myself and others who stutter by sharing some things that helped me become a better person. During my sophomore year of English I had the chance to really inspire others by giving a speech on the subject of stuttering. I wrote a detailed essay on stuttering. What it is, what the types are, and how to be a better speaker. I honestly enjoyed researching stuttering because I learned information on something that really made part of my life a struggle. My English teacher was surprised and my speech therapist encouraged me to keep going with this amazing attitude towards stuttering. My mom was surprised and happy to hear that I got an "A" on that essay, but more so because I shared something very important for my class to hear. I earned that grade for being brave and speaking for those who have hidden their voice because they stutter. I am proud for being the first person at my school to do that. I hope that in the future many more students who



stutter at my school will do an essay on their speech.

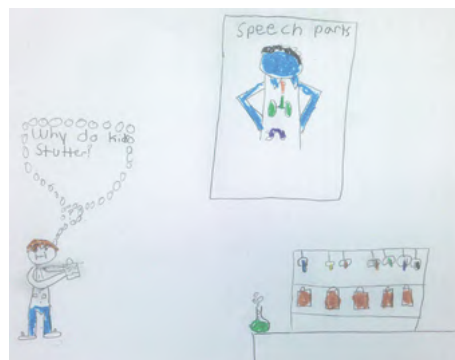
I have learned, the more you know about stuttering, the less it will bother you. Stuttering pushed me to do many things. It pushed me to tell others and to advocate for myself. It made me a better communicator and it pushed me to be a better person in general. If speech therapy was mandatory then I'd basically be at the head of the class! Stuttering could limit my ability to communicate with others, but I choose to ignore that limitation. Even though stuttering can be challenging, it can also be a positive tool in your life. When I stutter with ease, people listen. It makes others see that I'm a confident speaker because stuttering doesn't phase me. When you learn, research, and fully accept your stuttering, people will look up to you for being a great speaker despite having a speech impediment. I may only be 18 but I know from first-hand experience that with acceptance comes confidence and no more fear. I am happy that I stutter because stuttering has helped me become the young man I am today.

Ryan, 18 . Homewood, IL

I Like Silly Stutters

Hi, I'm Alijah. I stutter a lot. I have 6 sisters and 3 brothers. I'm a fast runner. I have lots of friends. Some people make fun of my stuttering. I like using Silly Stutters. They help me because they make me better at it. I play football for Lakewood JR Spartans and we went to the championship. We lost 1 game against St. Pete Lil' Devils.

Alijah, 8 . St. Petersburg, FL



Speech Helps Me A Lot!

Hey kids, I'm Quentin from Livingston Avenue School in Cranford, NJ. My speech teacher is Mrs. F. My hobbies are riding bikes, playing with my siblings, riding on ramps, and cleaning my Mom's car. My strategies are slow stretched speech, easy onset and slides. I started stuttering when I was in third grade. I did a presentation for my class about stuttering. I did not know that scientists have not figured out why people stutter or that more boys than girls stutter. Speech helps me a lot! Thank you Mrs. F!

Quentin, 10 . Cranford, NJ

I Don't Stutter When I Sing

My name is Prestyn. I am a 3rd grader at Bagley Elementary School. I have gone to speech for 3 years because I stutter. When I sing I don't stutter. When I get really excited, that is when my stutter is the worst. Something that makes me really excited is getting gifts for Christmas and my birthday. One of my favorite things to do is haul wood with my dad and step-dad.

Prestyn, 9 . Bagley, MN



Here Are a Few Questions

Hi, my name is Mi'Amor and I'm in speech therapy with Ms. H. We are reading your book called 'Sometimes I Just Stutter' and I have reached the point in your book when it says to write your own letter and either email it to you or send it to you. Here are a few questions for you:

1. Why did you make this book?
2. How long ago did you make this book?
3. Do you stutter?
4. How do you know the kids or how did you get their stories? Are they in a class with you?
5. Do people close to you stutter?
6. Do you have any ideas for me to help with my stutter?

Thank you for writing and the book and reading my letter. I look forward to your response to my letter.

Sincerely, Mi'Amor, 5th grade . Phoenix, AZ

Editor's Note: Thanks for your questions, Mi'Amor! Mr. de Geus wrote this book to pull together all the information he had about stuttering in order to help kids who stutter and all of the people in their lives know more about stuttering.

This book is almost 20 years old! But whenever new information is discovered, we make sure the book gets updated, too. Mr. de Geus, just like Eddie, stutters, but they don't let it bother them anymore. Stuttering is just part of who they are. Mr. de Geus specializes in helping people who stutter have smoother speech. So he asked a lot of his friends and kids in class to help by sharing their stories and thoughts. We all know people who stutter. Talking is the most complex thing people do! No one is 100% fluent – it isn't even possible. So we think one of the best ideas is to not worry too much about stuttering – don't let it run your life. If you stutter, it isn't the end of the world. In fact, you're most special just the way you are!

I'm Fine With It

Sometimes I stutter, and that's ok! Not everyone is perfect, in fact, nobody is perfect! You have your goods and bads. I'm bad at writing and I stutter but it's not too bad. The reason I don't think it's so bad is because no one teases me. But I wish I could help stammering kids who are bullied about it all around the world! If you stammer and you read this you will know that if you stutter, it's not the end of the world!

Abi, 10 . Beaverton, OR

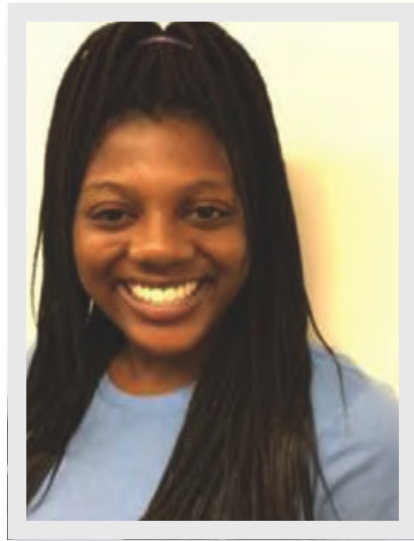


Say Your Point – Don't Hide!

Being a person who stutters isn't as bad as people think it is. I've been stuttering since about 2nd grade. I really didn't know what stuttering was until a boy at that time said to me, "You talk funny," and that comment stuck to me like glue even after 9 ½ years. Stuttering is a disorder that a lot of people don't understand and it is never talked about on TV, but, it's more common than people think it is with about 3 million people in the U.S. alone and over 70 million people worldwide who stutter.

Wait! Let me introduce myself! My name is Taylor and I've been stuttering for about 9 ½ years. My stuttering as of now is like a whole other universe (in a good way) than from what it was before. But my speech wasn't always as flexible as it is now. My biggest and most dreadful years of my life were when I was starting junior high school. I was in a HUGE school with so many different people and I knew that I was going to be the "talk of the town." When I first arrived to class I was forced to stand up and tell something about myself and BOOM! It was my turn, m-m-m-my n-n-n-n-ame is t-t-t-Taylor and I could instantly feel my heart sink as everyone was staring at me and laughing like I was a clown. At that moment, I wanted to run out of the class and just break down and start crying. That, my friend, was my first day of 6th grade. That school year was so rough and many times I just wanted to give up and stop talking forever, until I heard about Student Council elections. I wanted to run, but my speech was blocking me from doing so, but I finally got the guts to run. My family helped give me the confidence to do this and I thank them so much for making me feel special. At this time, I noticed something changed in me: when I spoke in front of crowds, I hardly stuttered! This was the first time in years that I felt confident and after the Student Council elections, I took off like a shooting star. I started to become so happy and positive!

Seventh grade was a year of progress now that everyone knew that I stuttered. My friends that I made really cared about



me and this made junior high such a breeze. My final year of junior high was overall my best year because I was graduating and everything was just falling into place perfectly. My speech was exceptional and all my teachers even said that I made extreme progress from 6th-8th grade. Now, I was going to be starting a new journey in high school but what made my school so different was that we have 2 buildings and over 3,000 students that attend! I was dreading starting high school because I

was feeling like I was going to have to start over with making friends and explaining to my peers about my stuttering. I now realize that I was stressing about the wrong things.

During my freshman year, my speech was great and that could have been due to the increased maturity level of high-schoolers. Now that I am 16 years old and finishing my off my sophomore year, my speech doesn't bother me at all and speaking in front of others hasn't either. For all those who stutter, I have one thing to say to you all: you are never going to get your point across if you don't say your point.

Hiding your speech isn't going to make you feel better at all, you were put on this Earth to become something special and the first steps to doing that is to speak and let people remember you as the person that didn't let stuttering stop them from being great.

Taylor, 16 . Flossmoor, IL



I'm Not the Only One

Hi! My name is Gabby. I like to go on trips. I love my guinea pig. I have fun going to speech. I stutter a lot, but I'm not the only one. I'm going to be 10. I hope to get better at speaking fluently.

Gabby, 10 . Thorp, WI

The Daily Speech

FORMER CORRESPONDENT EARNS PUBLIC SPEAKING AWARD

Our friend Isabelle, of Alexandria, VA., now 14 years old, was recently presented with the Santarelli Public Speaking Award. According to her 8th grade language arts teacher at Alexandria Country Day School, Meg Mosier, this award recognizes “a student who demonstrates the creativity, confidence and leadership required of an effective public speaker across all disciplines and settings.” The award is one earned cumulatively, beginning with speeches in first grade.

Quite an honor for Isabelle, who stutters. As she wrote in a letter to us in 2016, “I don’t like speaking and I don’t like to talk to other people unless they’re my family or friends. Overall I hate talking outside of my house.”

But she also shared at that time that she was “working in speech therapy to get out of her 'comfort zone'." Apparently, she succeeded!

Her final speech, *Words Are Like Toothpaste*, cautions us to think before we speak, whether we stutter or not, because, like toothpaste, once words are out, you can’t put them back in. So, “...you can squeeze all the way and make a mess...or think about how much you really need. The choice is up to you.” Pretty wise advice for all!

“It is said,” Ms. Mosier shared during her introduction to award-winner Isabelle, “that public speaking is the #1 fear ..., with death coming in a close second.” If that is so, what is frightening for those of us who do not stutter, must be much more so for the person who stutters.



Isabelle continued her commitment to getting out of her comfort zone by requesting to speak to her peers in the 7th grade language arts class “about her speech impediment and the article that had recently been published [in the Stuttering Foundation Newsletter] highlighting the work she has invested in overcoming it. She spoke with composure and candor...” her teacher said.

Among several speeches Isabelle made throughout the school year, we want to share a small portion of what she had to say in her *The Trouble of Words* speech. While discussing her stuttering, she says, “...Sure I talk to people, but it wasn’t always like that. There was a time I was afraid to speak because I was bullied. Every time I said something my bully always had something negative to say about my stutter, and it got me thinking more and more about why I should speak [at all].”

But in the closing of that speech she shares, “...I finally decided stuttering is a part of who I am. I am someone

who won’t wait around for change to happen – I will make the change...I will rise above and beyond to help other stutters overcome their fear. Stuttering is something that has gotten me down many times before, and now I want to make that feeling go away. This is one part of my journey, and I finally realize that stuttering is okay...” We can see why she captivates her audience. Isabelle has courage in the face of vulnerability, and anyone, whether you stutter or not, can identify with that!

Isabelle will be a freshman at T.C. Williams High School this fall. Of course, don’t just look for her in the school halls, watch for her on TEDxTeen perhaps, or maybe, in a few years, she’ll be our President – if she has the time. Right now, in addition to being a student, she is a certified scuba diver, plays clarinet and piano, runs cross country, and, is a photographer. As she is fond of saying, “Just you wait...”

Keep us posted, Isabelle!

An Open Letter to 10-Year-Old Me

Dear James,

What's up, dude? This is you fourteen years from now. At this current time in your life, the fourth grade is almost over, you have a good group of friends, and you still stutter, but becoming more fluent as the years pass. I won't tell you most of what happens over the next fourteen years, but I will tell you this: you will be very fluent in two years, will stop speech therapy, will rarely stutter, and neither you nor others will consider you as a person that stutters. All of the self-doubts, questions, and insecurities will disappear with your stutter. You will now no longer consider yourself a person who stutters, but a person who used to stutter. However, this period of fluency (fortunately) lasts only a few years. You're thinking, how is this fortunate? My stutter coming back is the furthest thing from fortunate. Allow me to explain.

You start stuttering again your senior year of high school. When this happens mom, dad, and you will attribute it to the nerves and excitement of graduating high school and moving to a new state to begin your college career. We figure it will disappear when you get acclimated to your new surroundings, but your stutter comes to college with you and stays friends with you for all four years. In addition to your stutter, self-doubts, and insecurities returning, the questions of, "How does this impact future job prospects?" "Will any girl be able to see past my stutter?" "Am I the only person that stutters?" also return. Your way of handling the fact that you stutter, completely ignoring the fact and not talking about it, also goes to college with you, but that ends your junior year of college.

You begin going back to speech therapy when you are a junior in college and 20 years old. This is a difficult process to begin because it means admitting to yourself that you do stutter. A hard thing to do because 20-year-old you is prideful. Ultimately the pride begins to fade and over the next two years all of your self-doubts and insecurities fade away and in its place, feelings of acceptance and ownership take their place. This leads you to embracing the fact that you stutter by being willing to admit you're back in speech therapy. You'll talk about it with friends and family and share articles about stuttering on social media (you'll learn what that means in a few years). However, the three questions you cling to are not answered in the therapy room, but rather through the experiences of life. The first question you hold and continue to hold as you get older is, "Will a girl be able to see past my stutter?" The answer is yes. You meet her a few months before you go back to speech therapy. It ultimately does not end the way you thought it would, but good things come from it. She teaches you to embrace small victories of life and your stutter. This is told to you numerous times during speech therapy, but she's the first person that shows you it can be done. She teaches you to be comfortable about your stutter with people you don't know all that well or for a long period of time. But most importantly, she shows you that a girl can see James for James and not see James as that guy that stutters.

Your stutter does not impact future jobs because you won't let it. You have the same job for seven summers. Some summers you stutter and others you don't. Regardless of your fluency levels, your co-workers and bosses treat you the same and don't let your stutter influence their decisions. When you're 20 and two months away from re-



entering speech therapy, you work at an all boys summer camp. This will be the best job you have because of the lessons you learn about life and stuttering during that summer. I won't tell you those lessons. You'll find out in 10 years. When you graduate you land a job in your field relatively quickly. At this point in life, you've accepted and embraced the fact that you stutter (for the most part) and it doesn't hold you back from doing what you want to do. You also use this job to educate people about stuttering through conversations with your co-workers.

As you get older, you realize you're not the only person on earth that stutters. Yet you won't meet another person who stutters until you're 22 (a few months out of college) as a member of the local chapter of the National Stuttering Association (NSA). I know it sounds weird that a group like this actually exists, but it does! For the first time in your life, you will be around people who truly get it. They will challenge you on your views of stuttering and you will challenge them. This group will tremendously increase your confidence, will give you opportunities you never thought could happen, and help you to do things you never thought you could do.

I know I make stuttering sound not that bad, and it isn't. But I'm not going to lie to you: there are some instances when people do not think you can or should give a presentation, be a tour guide, or do anything else that involves public speaking because of your stutter. That will make you mad to no end, but you will ultimately use it as motivation to prove them wrong. There will be times when people laugh at your stutter; you will use it as an opportunity to teach. When someone accuses you of lying because you're stuttering on a word, you will stutter on and teach them that you're not a liar.

You don't realize this now, but you've got a great support system of family and friends who will be on this journey with you. It will be hard to let them in at times, but do it anyway.

Just remember one thing: You always were, always are, and always will be so much more than your stutter. I know you may not see that now, but in time you will. Trust me.

- James

CELEBRITY SPOTLIGHT: STEVE HARVEY



Broderick Stephen "Steve" Harvey is an American comedian, television host, producer, radio personality, actor, and author. While today it's hard to turn on a TV without seeing Harvey, the *Family Feud* host originally had a shaky start to his career on screen. After beginning his stand-up career in 1985, Harvey's lack of success drove him to homelessness, forcing him to spend a few years sleeping in his car and showering in gas stations. In 1990, Harvey earned a spot as a finalist in the Second Annual Johnnie Walker National Comedy Search, an honor that finally launched him on his path towards fame.

Harvey now hosts a variety of shows, including *The Steve Harvey Morning Show*, the *Steve Harvey* talk show, *Family Feud*, and *Little Big Shots*. His success spans beyond his work on screen, as he is author of the *New York Times* Best Seller *Act Like a Lady, Think Like a Man* and *Straight Talk, No Chaser*.

While most of Harvey's success stems from his skill at entertaining crowds, as a child his severe stutter made him terrified of speaking in front of large

continued on p. 46



Western Workshop "Hits" Austin!

Once again, Susan Hamilton, Jennifer Watson, and Courtney Byrd conclude that this year's workshop was a success! The three joined forces for this five-day event, Diagnosis and Treatment of Children and Adolescents Who Stutter. The event was held in Austin, Texas and was co-sponsored by the Lang Stuttering Institute at The University of Texas at Austin, Texas Christian University, and the Stuttering Foundation.

This year 20 attendees from 11 states and 6 countries participated in this five-day event, which took place June 27-July 1 at The University of Texas at Austin.

The goals for this year's workshop were to help the attendees increase their competence and confidence when treating adolescents and children who stutter. The presenters agreed that this year's participants were willing to step out of their comfort zones during discussions, role-plays, and interactions during client Skype calls. "It takes courage to be vulnerable in front of your peers, but the outcome is increased learning," stated Hamilton.



"I gained a wealth of knowledge and confidence in the area of stuttering. I feel energized to work with families and my clients over the coming weeks and months."

Eastern Workshop Draws Clinicians Worldwide

The Stuttering Foundation’s Eastern Workshop, Using Cognitive Approaches with People Who Stutter, was held from June 26-30 and featured Elaine Kelman and Ali Berquez of the Michael Palin Centre for Stammering Children. Co-sponsored by Boston University and hosted by Diane Constantino, this year’s enthusiastic group of 20 participants gathered from 10 states and 7 countries.

This annual workshop provides specific skill training in Cognitive Behavioral Therapy, Solution Focused Brief Therapy, and Palin Parent-Child Interaction Therapy. “Each year I witness the group transform from wanting to be entirely responsible for the stuttering therapy program – and sometimes feeling the weight of that responsibility, to welcoming true partnership with client and parents. This means generating conversations that allow clients and parents to lead the clinician in identifying important changes that are needed for better communication skills. This year was no exception. It was a cohesive, light-hearted group; and I think a network of long lasting friendships was formed,” said Constantino.



“This training has been life-changing both personally and professionally.”



A Stuttering Foundation Hero: Remembering Joe Fulcher



Husband of Stuttering Foundation President, Jane Fraser, and son-in-law of its Founder, Malcolm Fraser, Joe Fulcher passed away on October 6, 2017, after a brief illness.

During his more than 30 years of faithful service to the Stuttering Foundation, Joe served in many diverse capacities, including Vice President, Assistant Secretary, Treasurer, and member of the annual Audit Committee. Joe's dedication to his work with the Stuttering Foundation was an example to board and staff.

Joe had the privilege of working directly with Malcolm Fraser, the founder of the Stuttering Foundation, for many years. Malcolm thought highly of Joe's financial oversight and planning abilities that greatly assisted the Stuttering Foundation in providing ongoing support and help to those who struggle with stuttering.

The arc of Joe's career also closely followed Lovelace Respiratory Research Institute's growth over the years. Joe first interacted with Lovelace in 1951 when he moved from

his home in Texas to Albuquerque and became part of a consulting team for the clinic. Inspired by Lovelace's work, Joe joined the organization to serve as its director of finance. "What they were doing – combining medical services, medical research, and medical education – was really interesting so I was happy to stay on," he stated in an article for the Stuttering Foundation newsletter. He advanced through the ranks at Lovelace until 1969 when he enrolled at University of New Mexico's law school.

"I heard a well-known speaker say that a man should be repotted every ten years. I liked that and thought it was time to do something different," explained Joe. While attending law school, he continued to serve as Administrative Vice President and Trustee of the Lovelace Foundation.

After earning his juris doctorate in 1973, Joe joined Modrall, Sperling, Roehl, Harris and Sisk, a law firm in Albuquerque. Subsequently, he became general counsel for the Lovelace Foundation and later of the Lovelace Medical Center, Inc., the organization set up to combine the medical services operations of the clinic and the hospital. Upon retirement from the law firm in the late 1980's, Joe continued to serve as general counsel for Lovelace a few years on a part-time basis. Joe often said that it was very gratifying to see Lovelace change shape over time as the broad reach of its community service and depth of its research expanded.

Throughout his career Joe was involved with the evolution of Lovelace from three separate entities – a hospital, clinic and research institute – to combine all three, and finally, with the medical service operations separated, to the organization that it is today.

Stuttering Foundation board member Joe Walker, who worked closely with Joe over the years, reflected on how much the Stuttering Foundation relied on him for leadership. "Joe Fulcher was constantly working to improve the effectiveness and efficiency of the operations of the Stuttering Foundation. I always looked forward to those calls from Joe with a new positive idea he wanted to discuss. The truth is that Joe had already researched and studied what was being proposed so thoroughly that I knew his proposal would be a rock solid move benefiting the Stuttering Foundation. Joe just wanted his ideas to be triple-checked."

Joe's acumen, work ethic and wit will be missed by the entire Stuttering Foundation family. The Stuttering Foundation benefitted greatly by Joe Fulcher's work for over 30 years, and it will no doubt benefit from Joe's legacy for years to come.



Top to bottom: Joe and Jane with Annie Glenn (wife of astronaut John Glenn); Joe and Jane pictured together in 2004

\$65,000 GRANT FOR THE STUTTERING FOUNDATION

Foundation supporters Laura Shinall and Mac Wilson assisted in securing a \$65,000 grant to the Stuttering Foundation from the Kathryn Elizabeth Fell Demaree Fund of the Community Foundation of Howard County, Inc., in memory of Ms. Shinall's mother, Betsy. The grant is designated specifically for "general charitable purposes."



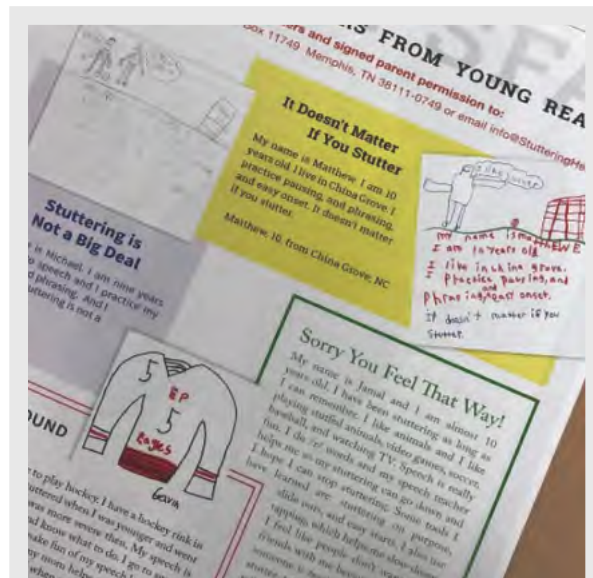
Laura Shinall, speaking at the 2017 SFA Gala

"The kindness and generosity shown by Laura, Mac and the Fund is just remarkable," said Jane Fraser, President of the Stuttering Foundation. "This grant will be used to help those who stutter, specifically young people, to assist in finding a fulfilling job and career—an issue that is near and dear to both Laura and Mac."

In May 2015, Ms. Shinall and Mr. Wilson attended the Stuttering Foundation's annual gala which focused on the theme of stuttering and finding a career. Speaking from the podium that evening, Ms. Shinall challenged the audience to "... understand what our young people are dealing with and to step forward to help develop a program designed to match young people from the stuttering community with leaders in the business community ... Please join me as I seek to empower those who stutter by helping them find rewarding careers."



@stutteringfdn
SFA on INSTAGRAM



talkinwithtwang

Follow

talkinwithtwang I love these notes from children who stutter in The Stuttering Foundation publication. I plan to share them with my students so they see that they are not alone. Thank you @stutteringfdn #slpeeps #ashaigers #schoolsip #speechtherapy #slpbloggers #stuttering #stutteringfoundation #slp2be

jillshooktherapy @talkinwithtwang I love them too! I get permission for all of my fluency students to write or draw a letter and submit it and they are SO PROUD when they see their article in print!

talkinwithtwang @jillshooktherapy I think I will do that, too!!!

creativespechlab This is wonderful!

keepingspechsimple Great idea! @jillshooktherapy



24 likes

MARCH 8



CAMP T.A.L.K.S. 2017

CELEBRATING SUMMER WITH KIDS WHO STUTTER



VBWC's Camp T.A.L.K.S. (Talking And Learning with Kids who Stutter), an annual, weeklong day camp for children and teens, took place June 5th – 9th on the Vanderbilt University campus, welcoming 28, 8-16 year-olds and their parents, and 2 former campers - now counselors. Throughout the week, campers built friendships and increased their communication confidence - stuttering or not. They gained a better understanding of their stuttering, demonstrated their unique talents, and explored ways to self-advocate in their daily lives. Local musicians, Michael Luginbil (of Straight No Chaser) and rapper M.C. White Rock performed and shared their personal stories, as did an inspirational panel of adults from the community. While the campers and counselors enjoyed games, activities, and tested their skills at the Vanderbilt bowling alley, parents

interacted, supported one another, and discussed how best to support their children. Seventeen (under) graduate students, from Vanderbilt and elsewhere along with seven speech-language pathologists gained valuable skills for working with youngsters who stutter. The week culminated with campers "in the spotlight" - performing the skits they created themselves for an enthusiastic audience of family, friends, counselors and volunteers.



Plans are underway for reunions in the fall and spring and for Camp T.A.L.K.S. 2018! For more information, please check out our website at: www.vanderbilthealth.com/stutteringcamp





What advice would you give other people when communicating with someone who stutters?

Thank you to everyone who participated in our NSA Week facebook comment contest! We received 56 wonderful comments on this post and picked a few of our favorites to feature below.



Judy Feeney: I love it when I am talking to someone and they do not even hesitate or blink their eyes when I stutter. I like people to be calm, patient and look me in the eyes. Of course to not fill in my words. I love it when someone doesn't understand me to ask me to repeat and not just assume he or she has heard me right. The best has been when I have had a few people ask me what should THEY do when I stutter?



Lisa Lott: When you hear someone struggling to speak, don't laugh at them. Stuttering is not a joke and it's not funny. The person who is stuttering is truly struggling to speak. Laughing doesn't help lighten the mood. It's hurtful. Be patient and be kind. It's simple but it makes a world of difference to the person who stutters.

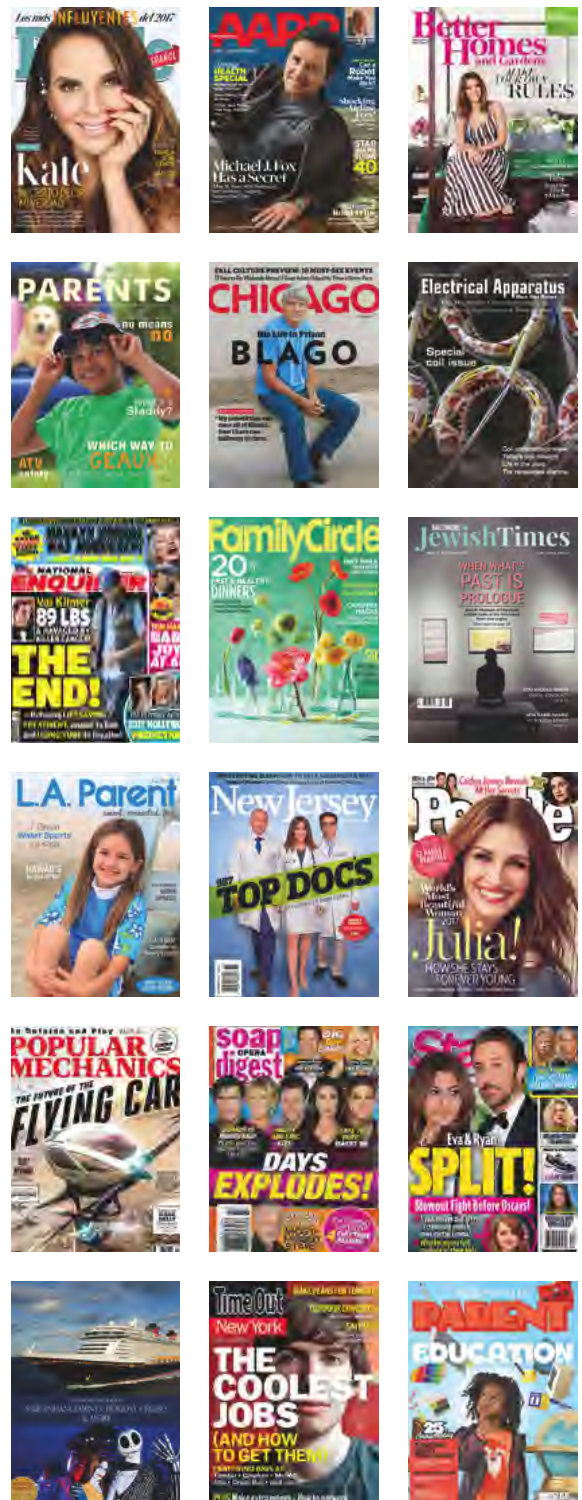


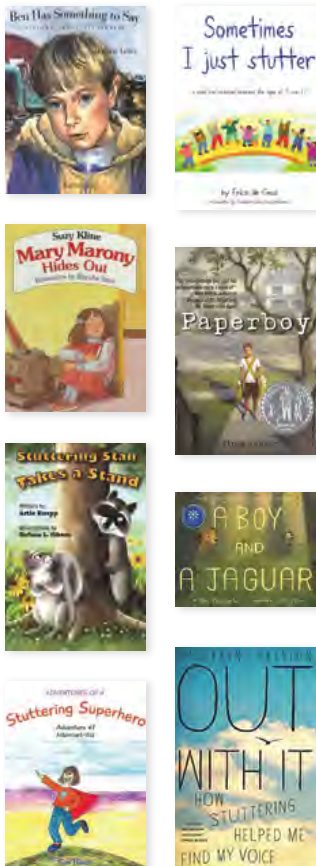
Brandon Freytag: I have stuttered ever since I was 5 years old. I'm going on 28 and still struggle with it. I'm always in fear of judgement and being stigmatized. My advice is, please look me in the eye as I'm speaking. Don't gawk at my mouth. Don't finish my sentences. Personally, I'm a soft spoken guy, I tend to speak quietly because it gives me better control over my fluency. So, please, listen. Listen patiently. Actually care about what the stutterer is saying rather than focusing on how he says it. It takes so much courage for a stutterer to finally start speaking. Please dignify that by commending the person.



Madeleine Lee: PLEASE remove the phrase "Did I stutter?" from your lexicon. I've stuttered for nearly three decades and I've learned to laugh off the embarrassment of disfluency. But that phrase is such a dismissal of all the struggles I have faced to get this far, and it is a punch in the gut every time I see or hear it.

THANK YOU TO OUR PARTNERS IN PUBLISHING WHO HELP TO PROMOTE STUTTERING AWARENESS BY DONATING PUBLIC SERVICE ADVERTISING SPACE FOR THE STUTTERING FOUNDATION OF AMERICA





LIBRARIES ARE BOOKING IT TO National Stuttering Awareness Week

Libraries across the United States celebrated National Stuttering Awareness Week by displaying books about stuttering (including many titles published by the Stuttering Foundation) and others by authors who stutter.

Even if you missed National Stuttering Awareness Week, it's never too late to pick up a good book! Visit your local public library and ask if they have resource materials on stuttering from the Stuttering Foundation. If they don't shelve them, tell them they can get a set very easily by contacting info@stutteringhelp.org.

We've featured a small selection of available books on stuttering; the following is a list of some authors that we know who stuttered: Jorge Luis Borges, Lewis Carroll, Calvert Casey, Scott Damian, Charles Darwin, Margaret Drabble, Dominick Dunne, John Gregory Dunne, Robert A. Heinlein, Edward Hoagland, Phillip Larkin, Somerset Maugham, David Mitchell, Alan Rabinowitz, Jane Seymour, Marc Shell, Neville Shute, John Updike, and Vince Vawter.



Find a variety of free, helpful resources for a child who stutters on our website: stutteringhelp.org/kids



MY BEST ADVICE: TIPS FROM OUR READERS

Dear Stuttering Foundation,

One time my Bosnian pen pal asked me what were the most important guidelines from Self-Therapy for the Stutterer. Answering questions like this is always difficult because it depends on the person and the situation. But, I think the guideline that has the widest application is #12: **Talk as much as you can.**

Dr. Joseph Sheehan also said something along the lines of "remember that the primary goal is not to stutter less but to avoid less."

Thank you,
Dan Pappas

*Tell the Stuttering Foundation your best advice!
Email advice@stutteringhelp.org to be featured in a Stuttering Foundation publication!*



Expenses	
February 17	
Supper	
Buns	.10
Soup	.15
February 18	
Breakfast	.15
Dinner	.50
Supper	.30
Stamps (25¢ + 25¢)	.75
February 19	
Breakfast	.20
Dinner	.55
Supper	.50
Manual of Speech Training	.35
February 20	
Breakfast	.21



Malcolm H. Fraser
 521 W. 122nd St.
 New York City
 Monticello, N. Y.
 In case of accident
 inform
 Rev. Hugh Russell Fraser
 Monticello, N. Y.

From SFA founder Malcolm Fraser's scrapbook...





 YEARS

