



THE STUTTERING FOUNDATION

A Nonprofit Organization

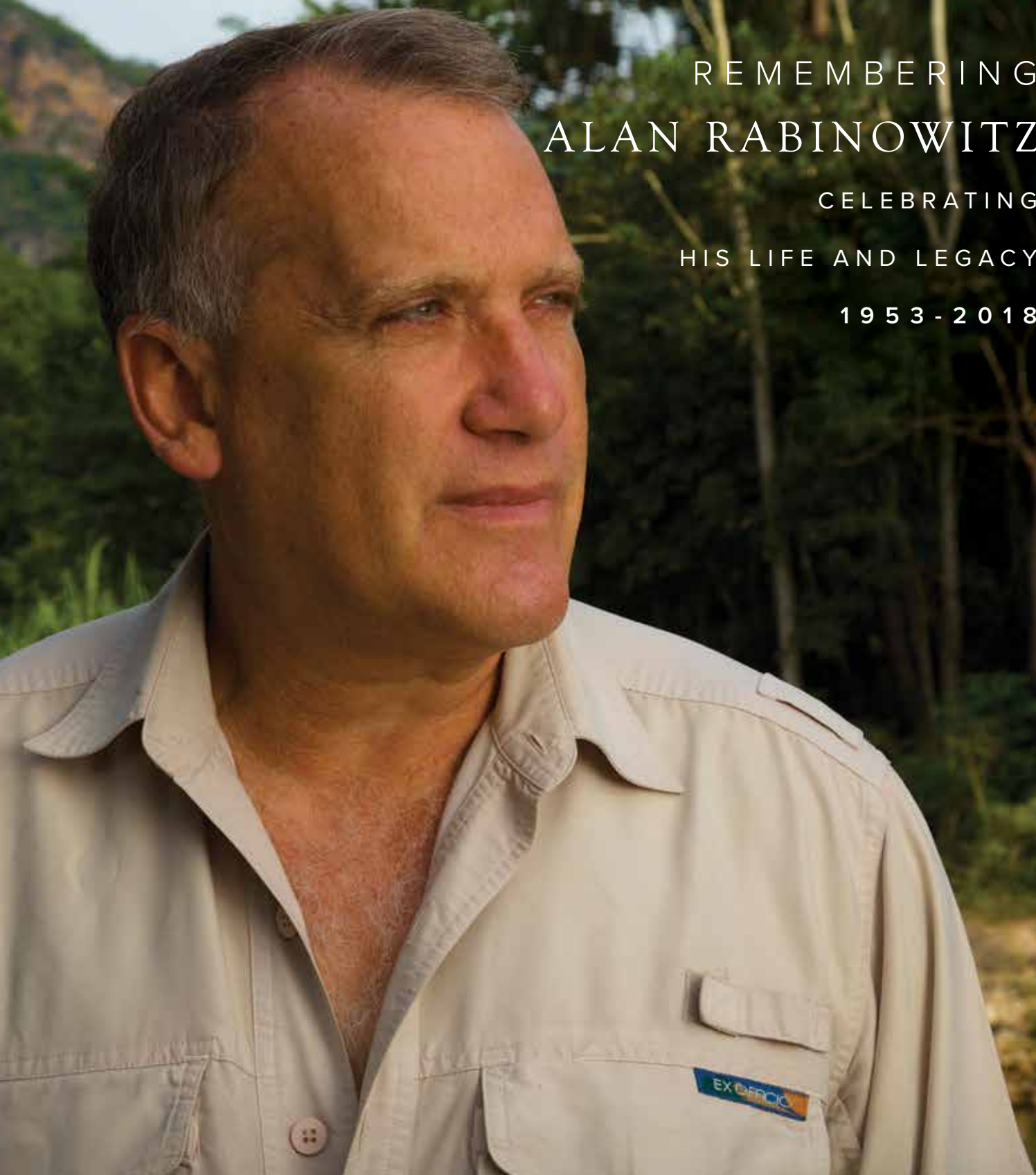
FALL 2018

Since 1947... Helping Those Who Stutter

REMEMBERING ALAN RABINOWITZ

CELEBRATING
HIS LIFE AND LEGACY

1953 - 2018

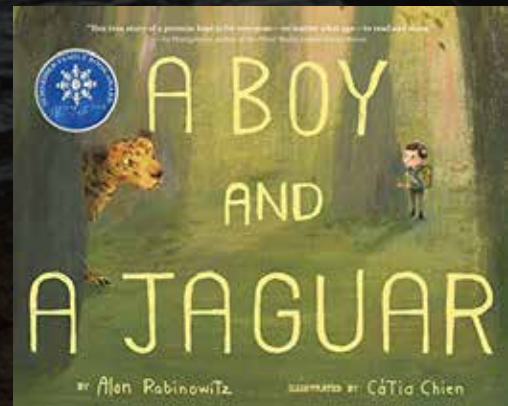


"For the past 25 years of my life, I have lived in and explored some of the most remote places on earth. I have lived for days in caves chasing bats, I have captured and tracked bears, jaguars, leopards, tigers, and rhinos. I have discovered new animal species in northern Burma and in the cloud forests of the Annamite Mountains. I have documented lost cultures such as the Taron, the world's only Mongoloid pygmies. I have been called the 'Indiana Jones of Wildlife' by Time magazine and given lectures all over the world to thousands of people. Yet not a year has passed, not a country traveled in, when I have not felt again the little stuttering, insecure boy inside who'd come home from school and hide in a corner of his closet. That boy is never far from the surface."

Both the worldwide stuttering and animal conservation communities have lost a tireless advocate, Dr. Alan Rabinowitz, who at age 64 passed away on August 5 at a Manhattan hospital after a lengthy battle with leukemia. A longtime board member, spokesperson and dear friend of the Stuttering Foundation, Alan was primarily known for being an renowned animal conservationist. He served as the CEO and Chief Scientist of Panthera, a U.S.-based nonprofit organization dedicated to preserving the world's 40 wild cat species. His high-profile career brought him not only to all corners of the globe, but also into the top media outlets throughout the world.

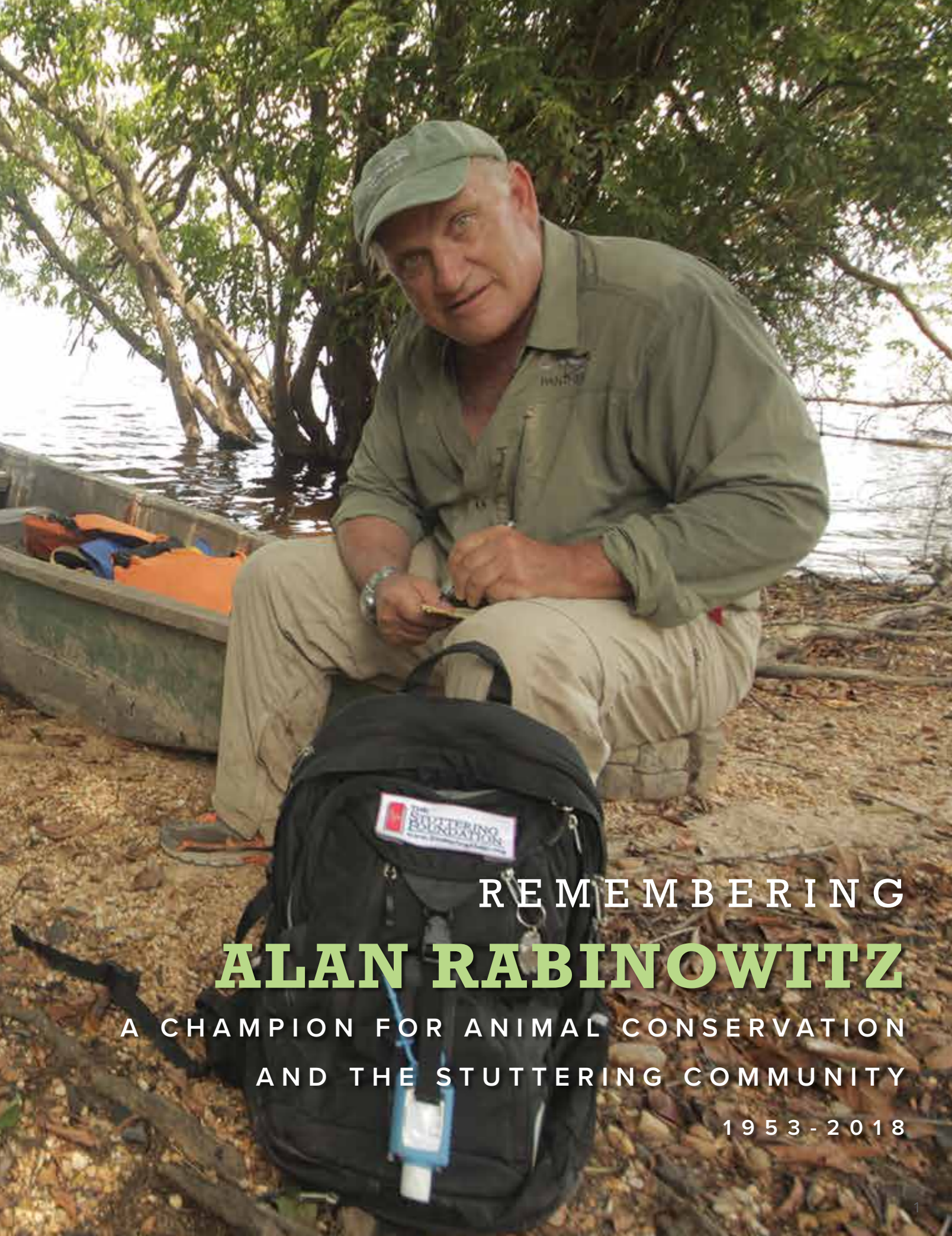
A severe stutterer, Alan was placed in a special classroom in his elementary school. While he struggled to speak with teachers and peers, he found an outlet in fluency while speaking to animals. Realizing his son's gift for fluency with animals, Alan's father regularly brought him to visit the Bronx Zoo. In speaking to the jungle cats in their cages, Alan remembers making them a promise: if ever he was able to overcome his stuttering, he would use his voice to fight for them. No matter where he was in the world, Dr. Rabinowitz fulfilled his promise by using his platform to speak on behalf of the animals, often recounting the powerful personal testimony of his own childhood stuttering.

"Alan's courage is particularly inspiring to young people whose career paths have yet to be decided and for whom stuttering often seems an insurmountable obstacle," said Stuttering Foundation president, Jane Fraser. "Through hard work, perseverance and dedication to his true passions, Alan never let stuttering hold him back from his quest to help endangered animals." Alan told his inspiring story in a 2011 Stuttering Foundation DVD entitled *Stuttering and the Big Cats*, which has been widely used in public school speech therapy programs. In addition, Dr. Rabinowitz was the author of seven books on wildlife conservation, including the 2014 children's book *A Boy and a Jaguar*, which delightfully illustrates the story of his childhood promise at the Bronx Zoo.



In a prestigious career spanning three decades, Dr. Rabinowitz was, above all, a protector and global advocate for wild cats and other threatened wildlife, the diminishing lands in which they roam, and the often impoverished people living near these cats and other wildlife.

Among a lengthy seminal list, some of his crowning conservation achievements are the conceptualization and implementation of Panthera's Jaguar Corridor Initiative, an unprecedented effort to connect and protect jaguars



REMEMBERING
ALAN RABINOWITZ

A CHAMPION FOR ANIMAL CONSERVATION
AND THE STUTTERING COMMUNITY

1953 - 2018

from Mexico to Argentina, and the establishment of the world's first jaguar sanctuary in Belize. Forever in awe of the magnificence of the tiger – the world's largest cat – Dr. Rabinowitz achieved victory after victory for the species, including the creation of the largest tiger reserve, the Hukawng Valley Tiger Reserve, in northern Myanmar.

Among Alan's many crowning achievements is his establishment of the world's first jaguar sanctuary in Belize. While working in Myanmar in 1997, Alan is also credited with identifying four new species of mammals. His work in Myanmar ultimately resulted in establishing the Hukawng Valley Tiger Reserve, a protected area roughly the size of Vermont. Most recently, he was chiefly responsible for the establishment of the "Jaguar Corridor Initiative," protecting jaguars from Mexico to Argentina. "The conservation community has lost a legend," Panthera CEO and President, Dr. Fred Launay, stated. "Alan was a fearless and outspoken champion for the conservation of our planet's iconic wild cats and wild places. As a lifelong voice for the voiceless, he



changed the fate of tigers, jaguars and other at-risk species by placing their protection on the agendas of world leaders from Asia to Latin America for the very first time."

"Nobody knew how to stand up for those without a voice better than Alan Rabinowitz," said Jane Fraser, president of the Stuttering Foundation. "He left a profound legacy in both the animal and stuttering communities." The Stuttering Foundation is forever grateful for Alan's steadfast friendship and partnership, and sends heartfelt sympathies to his wife, son and daughter.



"NOBODY KNEW HOW
TO STAND UP FOR
THOSE WITHOUT A
VOICE BETTER THAN
ALAN RABINOWITZ."

- JANE FRASER
PRESIDENT,
STUTTERING FOUNDATION



Here's what some of our more than **265,000 friends** are talking about in our Facebook community

Stuttering Foundation @stutteringhelp

Stuttering Foundation



The Stuttering Foundation Facebook Community Remembers Alan Rabinowitz



Voon: I am extremely saddened by this. Alan's message of hope and living life to the fullest was an inspiration for all. My condolences to his family. The world has lost an advocate for people who stutter and the big cats!



Lori: I am so saddened by this news. He was an inspiration to the stuttering community. His work with the wildlife was incredible.



Diane: He was an inspiration to all who had the opportunity to meet him and know his work, both for the stuttering community and the big cats he so loved. Thank you for letting us know Jane. A very sad loss.



Vince: A monumental loss for all of us. I met him in New York at one of the Foundation's galas. Such a kind and valiant man.



Stephanie: What a beautiful legacy but heartbreaking loss for the stuttering community. Prayers and condolences to his family and friends.



Christopher: A consummate professional, a great man and a good guy! A sad day for all!



Darren: A remarkable man. I loved listening to him. I felt a deep connection. He was able to very beautifully articulate the struggle and beauty of stuttering. You could hear the courage and resilience in his voice. His legacy lives on.



Pedro: I suffer a bit with my stuttering, but especially when I was younger. I remember being inspired by an interview with Dr. Alan Rabinowitz. It had a strong palliative effect on me and I needed that at the time. Even now, more than 15 years after, I remember it and it gives me strength. What a man! I deeply respected him. Thank you.

Stuttering Foundation

DID YOU KNOW?



Stuttering affects three to four times as many males as females.

Stuttering Foundation



"Adam Black can't hide the fact that he has a stutter, and he doesn't want to anymore." a video link from the BBC



Lorie: My son who is almost 16 stutters. When you said you decided your career on how much speaking it required, it broke my heart. I'm glad in time you changed your mind. You have so much to offer! My son is an honor student and awesome soccer player. I'm hoping his stuttering never holds him back from anything he wants to do. Thank you for sharing your story.



Adam: I'm sure your son will go on to achieve all he wants to. Best wishes to him and to you.

**some comments have been edited for content, length, and/or grammar; profile photos have been changed.*

HAVING A BALL AT THE 2018

STUTTERING FOUNDATION *gala*



The BBC's Director of Arts, Jonty Claypole, thrilled an overflowing audience at the Lotos Club in New York City in celebration of National Stuttering Awareness Week on May 10, 2018. Jonty's inspirational talk on Lewis Carroll took us all down the rabbit hole of creativity and stuttering. Stuttering Foundation president Jane Fraser, unable to attend due to prior advocacy commitments, welcomed everyone via video-- then off we went together through the looking glass. The 2018 Stuttering Foundation Gala was a success and fun for all!





CREATING A MEANINGFUL MESSAGE



ABOUT AKIVA

I'm from Hollywood, Florida and plan on attending The New School next year in New York.

I just graduated from high school and am now an intern at a film company evaluating submitted scripts and novels for potential production. I enjoy that I get to work with other people passionate about creating great stories.

I have two older brothers and a younger sister.

My hobbies include flying flight simulators, writing, skiing, and improv acting.

I am passionate about learning as much as I can.

If anyone has questions, comments, or suggestions for the book, you can reach me at splaverakiva@gmail.com.

Young author Akiva Splaver wrote his first book, "The Stutterer's Apprentice" as a 17-year-old high school student. His inspiring and unique narrative was encouraged by his family and driven by his own experiences of isolation, trial, and ultimate victory over stuttering.

Do you remember when you first began to stutter? I've stuttered for as long as I can remember. The degree, though, has changed a bit. Sometimes it feels like peanut butter is chronically stuck in my throat and other times like a malfunctioning record player repeating the same word. In short, it has a mind of its own. When I'm more relaxed, though, the stuttering improves.

Does stuttering run in your family? Did you seek treatment, and did it help? I don't know of any relatives who stutter. My mother sought out treatment for me. She always said, "Akiva, if people only knew the real you like I do, you would have so many more friends," thinking that stuttering prevented me from connecting with people. She wasn't wrong. We would spend summers driving to speech therapy programs and practicing the techniques. It was a lot of fun, almost like a game, stretching words out, breathing from the diaphragm on my bedroom carpet, and seeing how the efforts paid off. The exercises helped, but I stopped practicing them. Because I had stuttered for so long, it felt awkward speaking any other way.

Tell us about your experience with stuttering as a child. I could tell if I was going to stutter before I said something. So, as a child I honed into that feeling, only speaking when I felt more fluent. This worked for casual lunchroom conversation, when saying a sentence or two. But when it came to class presentations in middle school, I couldn't limit the speaking time. I remember on the last day of school, my history class required a final presentation and I volunteered to go last. I made sure to have the font extremely big, hoping others would chime in, reading from their seats and relieve me from speaking. But the teacher insisted that I do it alone. All the "um, you know, and like" word fillers and foot tapping came out. It was a stuttering free-for-all, while I looked up at the ceiling wishing I could be anywhere else but there.

How is your stuttering today? What do you do to control or manage it, if anything? Overall, I'd say it is slightly improved with periods of almost complete fluency, but it does sometimes get unpredictably worse or better. When you stutter, you're never just focusing on one thing, you are often simultaneously trying to find ways around a speech block and hiding any signs of nervousness or embarrassment. Earlier this year, I started doing improv in a stage acting class, where I had to think quickly in the moment and found that this helped with my stuttering. I feel like I'm using a different part of my brain on stage, although I can't repeat memorized lines as well. This may be because I have the entire English vocabulary at my fingertips and can handpick words I know I won't stutter on.

What are the biggest challenges stuttering has presented to you? I started a "Life Skills Club" in my junior year of high school and researched several subjects to talk about; topics that we all think about but never question, like, "Why We Have Our Best Ideas in the Shower?" or "What Do Our Dreams Really Mean?" Of course, when you stutter it takes a lot of courage to stand up in front of a large audience and talk, questioning whether the perceived embarrassment of stuttering in front of an audience is worth it. So, it's hard to put myself out there even when I think I have a really good idea that I think needs to be shared. But I think writing and improv have helped me get through many of those hurdles.



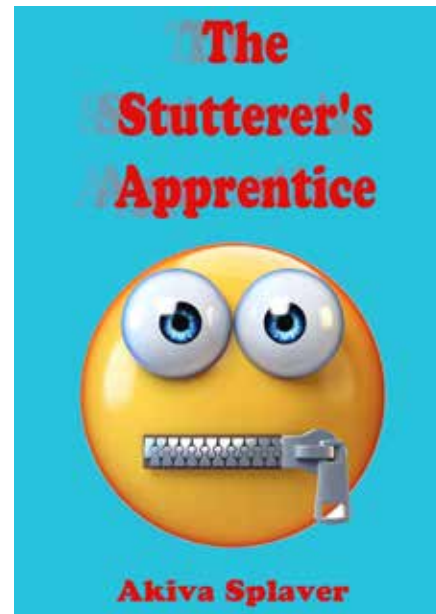
Akiva and his grandfather celebrate the book's success on Amazon

Based upon your experiences, what would you like to tell children who stutter? We live in an age where people are far more accepting and, believe it or not, are less likely to think of you as "weird." Looking back, acknowledging my speech to other people with a simple, "great to meet you. I stutter," would clear up much of the confusion for them and they would be glad I did. Another thing I would say is that there's nothing more refreshing than meeting the many others who stutter at organizations.

TO ME IT'S MORE ABOUT FINDING MEANING IN OUR PLIGHTS THAN SUCCUMBING TO THEM.

Where did you get the idea for the book? What inspired you to write it? I went to a small school all my life, and there wasn't anyone else I knew who stuttered. So, I wrote a short story at age fifteen about kids who stuttered going on a terrifying adventure through a mine at night. I'd never really written before, so I showed it to my mom and she said, "Akiva, you wrote this?" and I showed it to my grandfather, a medical writer, who did some edits. He encouraged me to write more stories with stuttering as a theme, because he thought there were numerous medical books about stuttering but not enough, particularly from a teenager's point of view, with the emotions of someone who actually did. I ran into a problem, however. I didn't have enough time to write. So, I woke up at 5AM each morning to write two hours before school. Before leaving the house, I felt like I had accomplished something valuable for the day. After a few years of throwing out more pages than I actually kept, I finally had a sizable amount of writing that could be used for a book of four stories, *The Stutterer's Apprentice*.

(continued on page 6)



Did you write about yourself at all? Yes, in the first story, “The Stutterer’s Apprentice,” the Governor asks Kevin for his name in front of bright lights, a large crowd, and news cameras. That actually happened to me in my senior year of high school, just a few months before graduation. My school announced that Florida’s governor was going to meet my class, so we had to line up to meet him. The Governor walked up to me, shook my hand while maintaining eye contact, and asked my name, as a barrage of bright cameras flashed, waiting for me to say something. A stutterer can overestimate the time it takes to say something, and it felt like it had been a tense thirty seconds staring into that politician’s eyes while trying to say my name – something I’ll never forget. The only way for me to get that thought out of my head was to write about it, through a character in the story, so it’s no longer a secret. I laugh at it looking back.

What is the main message of your book? Stuttering is a normal variation of human behavior and stutterers can accomplish great things in life.

How did you feel when you saw your book had reached #1 on Amazon? When I committed to writing *The Stutterer’s Apprentice*, I never anticipated it would be something many people would read. I’m glad the right audience, people who stutter and their families and friends, found the book and enjoyed it. It’s a little scary though, when you have ideas that float in your head for a couple of years, suddenly appear for everyone to read about.

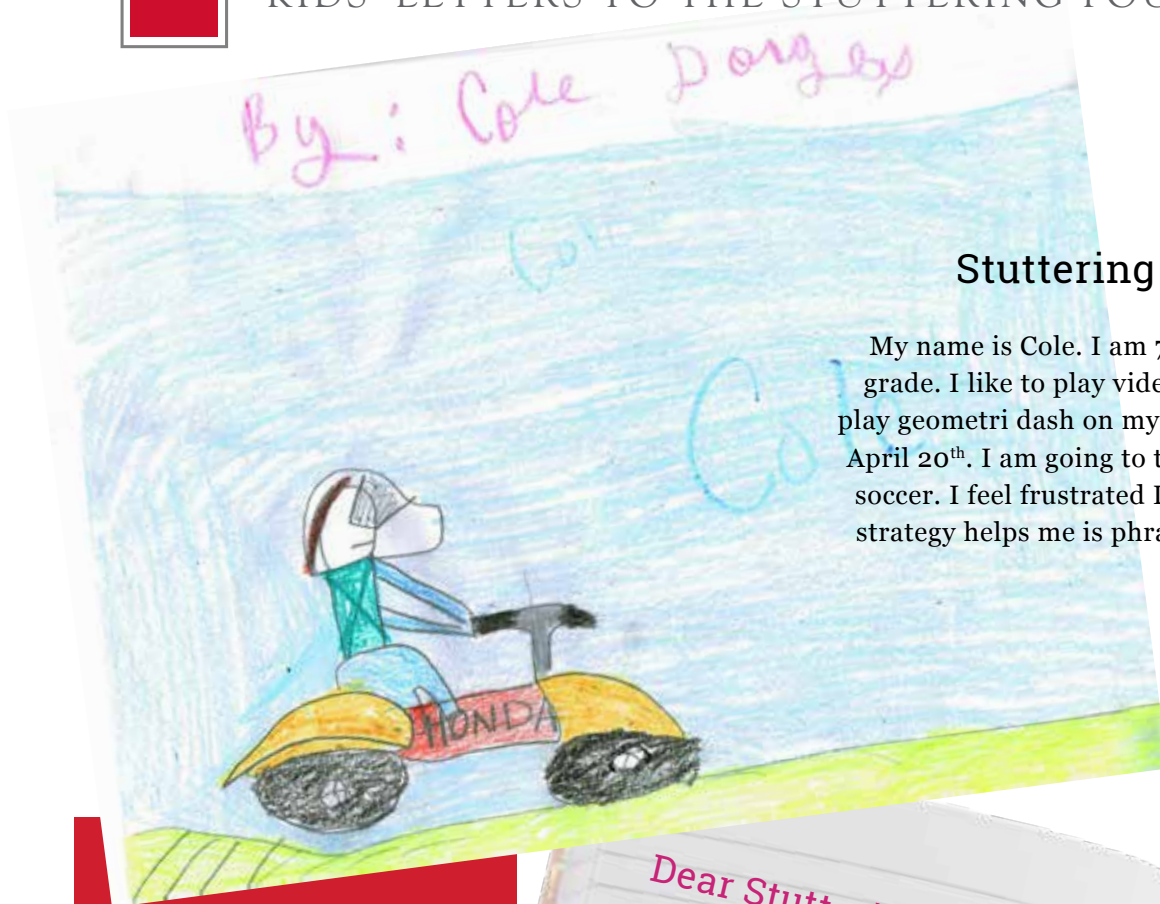
Are you going to continue writing? What is your next project? I’d like to engage in the development of kids/family novels and movies, particularly those with meaningful messages that people can learn and enjoy together. I’m doing a summer internship now at a film studio in California. I’m hoping to update the book with more pictures and character sketches.

What else should we know? My mom passed away last year after a 5-year battle with an illness. Sometimes we think of experiencing seemingly dreadful events as negative, but they can sometimes illuminate surprising elements within ourselves we never dreamed possible. Maybe without my mother’s condition I wouldn’t have had the courage to plunge through all the work to create a book? Maybe without a stutter I would be a far less caring, creative person speaking in this interview. To me it’s more about finding meaning in our plights than succumbing to them.



DEAR SFA:

KIDS' LETTERS TO THE STUTTERING FOUNDATION



Stuttering is Frustrating

My name is Cole. I am 7 years old. I am in 2nd grade. I like to play video games. I also like to play geometri dash on my tablet. My birthday is April 20th. I am going to try out for competitive soccer. I feel frustrated L when I stutter. What strategy helps me is phrasing. I also like to my Honda dirt bike.

Cole, 7
Danielson, CT

We LOVE to read your stories, advice, and strategies!

Please email your letters, original* artwork and/or photos to info@stutteringhelp.org or mail to:

The Stuttering Foundation
P.O. Box 11749
Memphis, TN 38111-0749

We attempt to respond to each child personally so please be sure to include adult SLP or parent contact information. Photocopies and faxes of artwork cannot be accepted. Photos can be mailed or sent via email.



Dear Stuttering Foundation,

My name is Sophina and I'm 10 years old. I like playing Fortnite, Minecraft, and other video games with my big brother, Antonio. I'm the youngest out of four siblings. I stutter a lot but I'm kind of used to it. My stuttering makes me nervous and shy around new people sometimes because I can never say the things I want to. I'm just like you all but I'm special in a different kind of way. My speech teacher, Mrs. E., helps me with my speech, after all, that's her job, right? She is such a great inspiration.

My most used technique is "Singing Out My Words" because I feel more comfortable with it. I have a speech journal with all of the things I'm learning to help me with my speech.

These things help me. I get my stuttering from my Mommy and Daddy. They both stuttered. I love stuttering because it makes me feel really special sometimes.

Sophina, 10
Westerville, OH

STUTTERING IS OK!

Hello, my name is Aidan and I am from Logan Township, New Jersey. I am 10 years old and I stutter. There are also some other things about me. The first thing is that I love sports like baseball, soccer, basketball, and football. Some of my favorite sports teams are the Philadelphia Eagles, the Philadelphia Phillies, the Philadelphia 76ers, the Philadelphia Flyers, and the Philadelphia Union.

If you are ever being made fun of for stuttering, it's really no big deal because it's just the way you speak. Also, it's okay to stutter in front of people, so don't be afraid.

In case you don't know that much about stuttering here are some facts. Stuttering is when you either get stuck on the sound and it can't come out or you repeat the same sound multiple times in your speech. But, it's okay. If you're stuck on the sound and it doesn't come out that's called a block. A Prolongation is where you hold a sound. And a repetition is usually the most common stutter. A repetition is where you repeat the same sound multiple times.

Here are many famous people that stutter. There are many sports players such as Darren Sproles, George Springer, Shaquille O'Neal, Tiger Woods, Johnny Damon, Bo Jackson, and Adrian Peterson. There are also many actors, and singers like Steve Harvey, Samuel L. Jackson, Elvis Presley, James Earl Jones (Darth Vader), Emily Blunt, Kendrick Lamar, and Ed Sheeran. You can always be really successful in life even though you stutter. You could always remember that you share something with many of the famous people in the world.

Practicing strategies or speech tools could make you feel more comfortable, rather than just forgetting about it. Some suggestions for strategies that you might want to try are: Stretching, Stuttering on Purpose, Light Contact, Easy Onset, Pull Out, and Cancellation. The three that I focus on most are Stretching, Stuttering on Purpose, and Light Contact. Stretching is where usually used on the first syllable of a word. You should really only stretch on 2 or 3 words in the sentence. For stretching you hold out the sound. For example: Streeetching iis fun. Also, there's stuttering on purpose. That's where you repeat a sound on a block. When you're in a block, you should stutter on purpose to at least get the sound to come out. Stuttering on purpose could also help you feel more comfortable with stuttering. I have tried stuttering on purpose at a restaurant and it made me feel more comfortable with stuttering and saw how they reacted, which was fine as well. The last one is Light Contact. It is basically when you don't push your lips, teeth or tongue too hard on each other.

Those are some helpful facts, and strategies about stuttering.

Aidan, 10, from Logan Township, NJ



CYNCEPE



Never Give Up!

Hi, my name is Cyncere and I am 8 years old. I like to play soccer and football. And when I stutter I feel sad. Slowing down my speech helps me have smoother speech. Never give up!

Cyncere, 8, from Danielson, CT



EVERYBODY'S DIFFERENT

Hello, my name is Jackson. I am in second grade and I am 8 years old. I go to ESD-Episcopal School of Dallas. I learned to use easy starts to help me say words in speech. I go to a group where I meet other kids who also stutter and we do fun stuff. My favorite sport is baseball because I like to hit homers and I like to be in the outfield to catch fly balls. Here's what I would tell other kids that stutter: It's just the way you were born and everybody's different.

Jackson, 8
Dallas, TX

Don't Put Yourself Down – You Are Unique

My name is Angelo, I am 18, and I stutter. I'm in high school in the 11th grade and I like History. From what I've learned about stuttering, it makes me unique. I've been teased but I didn't tease back. Instead I realized people will make fun of you for who you are. A lot of friends accept it and it doesn't bother them. It has stressed me out but I use many ways to calm down and it makes me feel better. Don't try to put yourself down for stuttering, because it will only make you feel worse. If anyone tries to put you down remember that it is a part of you and makes you unique.

Angelo, 18
Suwanee, Georgia



GREETINGS FROM IRELAND

Hi. My name is Jamie. I am nearly 11. I love drawing and Dr. Who. I go to the Health Centre in Enniscorthy to work on my stutter. Stuttering cannot be cured, but if you go to a speech therapist they'll help you do it less.

Jamie, 11, from Co. Wexford, Ireland

I'm a Normal Kid!

My name is Antwan. I am 10 years old. I started stuttering when I was in Kindergarten and at that time I started speech therapy. Once I got a bit older people seemed to always ask me why I stutter and I always try to change the subject. In class I always stutter and it takes longer to get my answers out. But, at the end of the day, I'm a normal kid! Out!

Antwan, 10, from Drexel Hill, PA

My name is Sadie. I have 1 cat, 2 sisters, and 1 brother. I don't know when I started stuttering but I have been going to speech class since I was in Kindergarten. I moved schools in 2nd grade and have been with the same speech teacher ever since. When I stutter I get frustrated with myself. I have noticed something and so has my speech teacher, I don't stutter when I sing or read. When I'm at school usually kids don't pick on me but there is always the rude kids. When my speech teacher and I practice silly stutters that is the time when I don't stutter at ALL. One thing that helps me when I stutter is to SLOW DOWN and think about what to say before you say it. Another thing that helps me is breathing and doing mindful.

From Sadie

Sadie, 5th grade, from Melbourne, FL

Don't Make Fun – It's Not Nice

I am 10 years old and have been in therapy for 2 years. At first I thought that it would kill me but now I know it will not. I don't really like it but I put up with it because I have an awesome teacher named Ms. Chelsea and a family that helps me through it. Not everyone likes stuttering but it is not our fault if we stutter, so don't make fun of people that stutter – it's not nice!

Serenity, 10
Stahlstown, PA

I AM A STUTTERING SPECIALIST

My name is Dylan, and I am a stuttering specialist. I started a long time ago, but then I found ways to make it much easier. I learned several strategies that make stuttering easier and found joy in making other people feel that way. I presented to classrooms and 4-H judges with a presentation that teaches people about stuttering. Years ago, when I'd stutter, I was able to solve my problems by using stress-relieving animals from the unlikeliest corners, such as goats and rabbits. I have also been going to a speech teacher in Fresno for over 4 years and one other speech teacher at school for 3-1/2 years. If you stutter a lot, and if you are reading this, it would make me so, so, so, so, so happy if you always remember that it is NEVER your fault if you stutter.

Dylan, 10
Atwater, CA



Stuttering when talking in front of a crowd feels like your demon of fear is taking control, but you can stop that demon! Use the strategies that you know to help stuttering.

Imogen, 10, from Madison, WI





Others Do Stutter, Even If You Haven't Met Them

Hi, my name is Ryder. I am going to be nine years old soon. I have a dog named Margaret, and I have a sister named Ava. I have a lizard named Izzy. I have a speech teacher named Mrs. M., and she helps me with my stuttering. I gave a presentation to my whole class about stuttering. Some people bully me. I have never met another person who stutters.

Ryder, 9, from Owatonna, MN

I AM GOOD AT HELPING OTHERS

My name is Jason. I am 7 years old and in first grade. I am good at video games, Legos, and helping others. I like to eat, play at the park, and dance. When I get stuck, I take a deep breath and say it again. It feels sad when I stutter. I feel happy when I get an A on my math test.

Jason, 7
Chicago, IL



When Words Fail Baseball Speaks For Me



My name is Colton, and I am seven years old. I am in the 1st grade at Justin Elementary School. I started stuttering when I was 2 years old, and I have been in Speech Therapy since I was 4 years old. At first I was scared, but I discovered that stuttering is okay. It's not as big of a deal as you think. My favorite strategies to use are slide outs and easy starts. I started playing baseball when I was 4 years old. I play first base and short stop. I really like to run and earn lots of medals (All Stars). Baseball is a big part of my life because when words fail baseball speaks for me.

Colton, 7, from Rhome, TX

Rowan, 11, from Co. Wexford, Ireland



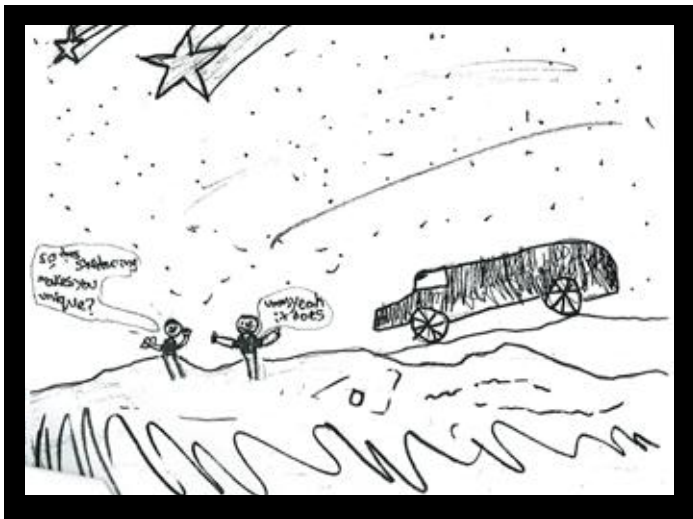
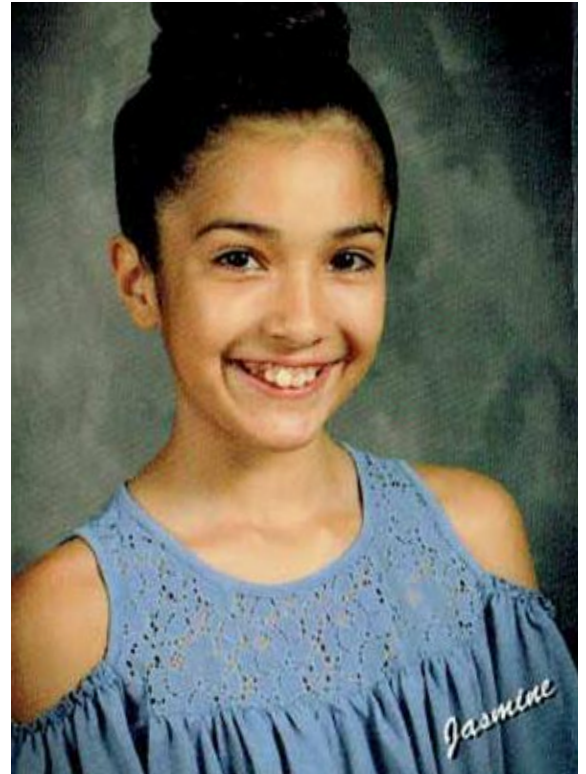
I HOPE IN MY LIFE I WILL STOP STUTTERING

Hi, my name is Jasmine. I am 10 years old and in 5th grade. I live in Sioux City, Iowa.

I started stuttering when I began to talk. I learned new strategies to help my speech be smooth. Some of my strategies are to use slow talk. Another strategy is to stop and try again so when I stop, then I think about what I will be saying next. Another strategy that helps me is when I think I am going to stutter I slide my finger on my knee or on the table. This helps my speech become smooth. This also helps my sentences come out for smooth speech.

Some of my friends are used to me stuttering and they get it. So, I am happy to have family and friends like them. I hope in my life I will stop stuttering, but I know it will take a while. So that is my story!

Jasmine, 10, from Sioux City, IA



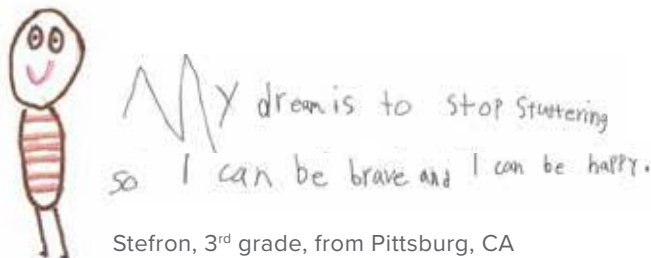
IT'S MY TIME TO SHINE

Hi! My name is Aslam and I am 11 years old. I like to play video games such as Minecraft and Clash of Clans. I am in 5th grade, and this year it's my time to shine! Sometimes I stutter. My friends don't bully me though or make fun of me. I use smooth speech strategies I learned from my speech teacher, Mrs. McM. My favorite ones are easy onset and light contact.

If someone you don't know makes fun of you or even tries to bully you, don't let it bother you. Tell yourself they don't matter! Then tell an adult to help you out if you need someone to talk to. Don't think bad thoughts only think good ones.

I would like to tell other kids who stutter not to worry, and don't be afraid of anyone. If kids make fun of you tell them "stuttering is not a big deal." Feel proud of yourself, keep doing what you're doing, let nothing stop you from what you're doing. You can shine as well!

Aslam, 11, from Brooklyn, NY



Stefron, 3rd grade, from Pittsburg, CA

I Gave This Talk To My Class At School

There are 3 million people that stutter all over the world.

There are three to four more boys than girls that stutter.

There are no instant cures for stuttering.

Some famous people who stutter are:

Kendrick Lamare – a rap singer who did the sound track for Black Panther movie

Ed Sheeran- a singer

Daron Sproles- running back for the Philadelphia Eagles

Steve Harvey- a comedian and host for Family Feud

Shaquille O'Neal- famous basketball player

George Springer- baseball outfielder for the Houston Astros

Samuel Jackson- an actor who was in Jurassic Park

Adrian Peterson- a running back for the Chicago Bears and New York Giants and for other teams.

I am also a stutterer. All these people I named did not let stuttering stop them from who they wanted to be. Stuttering will not stop me from doing what I want to do when I grow up.

Stuttering does not go away. People can learn strategies to help them reduce or get through stuttering calmly and more easily. That is what I have been learning in speech therapy. I mostly use “stretchy speech and easy beginnings.”

If you want to help me or any other person who stutters, this is what you can do:

1. Don't rush me
2. Wait patiently for me to finish what I am saying. I will get it out.
3. Don't finish my sentences for me.
4. Treat me like any other person

Jamikle, 4th grade, from Tallahassee, FL



I LOVE MY FAMILY

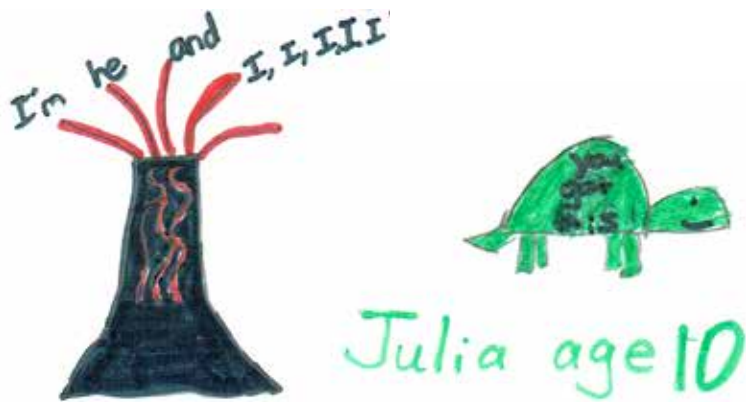
My speech is really good and I'm happy at the park!

Siena, 6, from Pittsburg, CA

Stuttering: Go Away While I Am Sleeping

I want to take that stutter away from my throat while I am sleeping. A lot of the time I feel mad when I stutter. In the morning I hate stuttering around a lot of people like Davina, Danny, Hunter, Hope, and Raymond. Because I block, repeat, prolong, and use secondary behaviors such as throat clearing and pumping air. It makes me feel mad. To stop stuttering would make me feel better. Prolongation and easy onset make it easier to stop stuttering and calm down a bit. Playing my Xbox 360 or basketball in the spring and summer at the park also helps me to calm down.

Dakota, 12, from Sibley, IA,



DON'T GIVE UP! YOU'VE GOT THIS!

Hi. My name is Julia. I go to Greenwich Central School. I do gymnastics, lacrosse, and soccer. My personal favorite is gymnastics because I love competition! I'm proud because I have a lot of trophies, medals, and ribbons from competing.

I started stuttering around the ages of 3 or 4. I started speech therapy when I was in 3rd grade. Now I'm in 5th grade, and I have improved a lot with stuttering because I've worked so hard to practice my strategies that I've worked on in speech therapy.

To me stuttering is very annoying. It feels like a volcano erupting because all of the words are trying to come out at once, but when I use my strategies I don't stutter. My most helpful strategies are slow rate, easy onset, and full breath. Speech therapy has helped me a lot! We work on boosting my confidence with talking and my feeling about stuttering. My advice to other kids who stutter is: don't give up! If you keep practicing your strategies, chances are you will not stutter as often. You've got this!

Julia, 10, from Greenwich, NY



I'M BETTER OFF QUIET

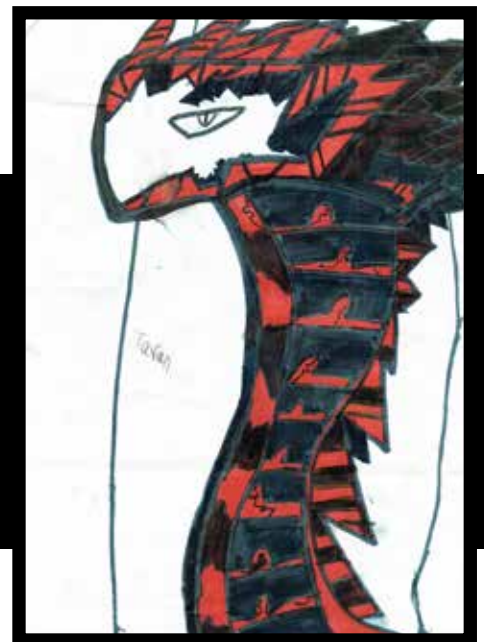
SOMETIMES WHEN I STUTTER, I FEEL LIKE THERE ARE MORE EYES WATCHING ME THAN USUAL.

JULIAN, 13
CHARLOTTE, NC

Dragons Are Brave

Thank you publishing my letter! I loved seeing it in the magazine! I hope you like my dragon – it's a lava dragon. I drew this dragon to share because dragons are brave and we have to be brave when we stutter!!

Taran, from Pittsburgh, PA



Words Get Caught

Stutter causes your words to be stuck between a rock and word bubbles and a whirl pool.

Dominick, 8
Pittsburg, CA



My Stutter Story

Hi! My name is Ella. I'm 10, going on 11, a 5th grader who likes to run, dance, swim, bake, write stories and take Tae Kwon Do. I am also a stuttering pro.

I have noticed that I don't stutter as much when I'm with my friends at dance. I don't worry about stuttering because I feel so comfortable around my friends so I don't do it as often.

Two tips I've found helpful to "control" my stutter are: not to worry about stuttering when I meet new people because I tell them that I stutter. This way I won't worry about hiding my stutter because they already know. Also, if someone does make fun of my stutter, I tell them, "I'll challenge you to a stuttering showdown!" And, let's face it, only true stutters can win those showdowns!

This year I have worked really hard to not let my stutter stop what I want to do. For example, I'm secretary of our student council. I was a little nervous about talking in front of the school, because I was worried I would stutter. But when it was my turn to talk, I tried not to worry about it and I didn't!

This year I also did a presentation in front of my class about stutter. I wasn't as worried about stuttering in front of my classmates anymore because they all knew. From my research about stuttering, I learned that lots of famous actors and actresses stutter. Even singers stutter, like Ed Sheeran, who has written lots of songs that I like including Castle on the Hills.

Learning about others who stutter made me feel a lot more confident about my own stutter. I learned that I wasn't alone, and that stuttering didn't hold others back. Now I know that even though I stutter I won't let it hold me back!

Ella, 11, from Pittsford, NY

Sometimes I Like To Be Alone

My name is Enzo. I am 10 years old. I started stuttering when I was 5. I used to get teased about my stuttering. Sometimes people ask me why I stutter. Sometimes I like to be alone in my room, or at lunch I like to sit at a different table. Every Thursday I go to speech. To help, I belly breathe, use easy onset, and hold my tongue back.

Enzo, 4th grade, from Drexel Hill, PA

Don't Let Your Stutter Take Over

Hi, my name is KJ and I stutter. I am 11 years old. I am also in the 5th grade. I have been stuttering for about 7 or 8 years.

I enjoy playing the sports I like, which are basketball and football. I also like doing gymnastics and flips.

Some things that keep me from stuttering are taking deep breaths before I talk. I also think about what I'm going to say before I talk. Also, slowing down on my speech helps me not stutter as much.

Some advice for kids who stutter is: don't let your stutter take over you and what you like to do. One thing I did to show this was the Mary Poppins Jr. Musical at school. I had a talking and singing part. I felt much better about myself because I knew my strategies would help me not stutter that much. I didn't let my stutter stop me from being in the play. You can feel happy and unique; you are happy to be unique.

Stuttering is like an Iceberg

The top is the area above the water.

People knowing and hearing your stutter.

The next layer under the top is how it makes other people feel.

Under the water is the part that you don't see.

Those are way deep under the water.

Feelings like embarrassment and sadness that the person who stutters feels.

KJ, 11, from Grand Rapids, MI

My name is Kseniya and I am in the fourth grade. I am 10 years old. I live in Waltham and I go to northeast elementary. I stutter. I go to speech therapy. The strategy I use is full breath. My speech therapy helps me a lot with my speech. The things I like to do are dance, sing and draw. I am just like any fourth grader.



sincerely,
Kseniya
Waltham, MA

Kseniya, 10, from Waltham, MA

Use Strategies Everywhere

My name is Keegan. I am 11.5 years old. I play hockey. I play center – that is my position.

I use strategies at hockey and at speech to get better. My favorite strategy is eye contact because for me it's easier.

Keegan, 11.5, from Plymouth, MA





What Can Happen At Recess

What happens at recess when your friend tries to help you talk: sometimes she gets it right and sometimes she gets it wrong.

Me: Let's go to the-the-the...

My friend: Monkeybars!

Me: No! (I wanted to go to the Teacup)

Me: Let's go to the te-te-te...

My friend: Teacup!

(A Teacup is a recess toy.)

Tova, 7
Potomac, MD

MY STUTTERING

My name is Levi. I'm 10 years old. I'm in 4th grade. I live in Randolph, Wisconsin. I like playing Fortnite and a lot of other games. My stuttering looks like I repeat a word several times, I block on a word, I puff out a breath, and I try to find other words. The tools I like to use are stretchy speech, light contacts, and easy starts. I feel okay about my stuttering. My speech teacher helps me with my stuttering.

Levi, 10, from Randolph, WI

SLITHER VS BUMPY WORM

MY WAY TO GO THROUGH STUTTERING IS RUBBER BANDS AND PUTTY. USE PUTTY AND RUBBER BANDS. IT'S USEFUL AND FUN.

ERIK, 10
PITTSBURG, CA



I Want to Take My Time

My name is Emma and I am 7 years old. I am in first grade. I am a really good cheerleader. I like to do math, go to speech, and I love my family. I like to eat Panda Express, and I like cats and dogs. When I get stuck, I go slower. I work on stuttering by going slower and taking my time. Every kid who stutters should go slow. If someone tells them to go fast, they can say, "No, I want to take my time." I like to get 100% on my spelling and math tests.

Emma, 7, from Chicago, IL

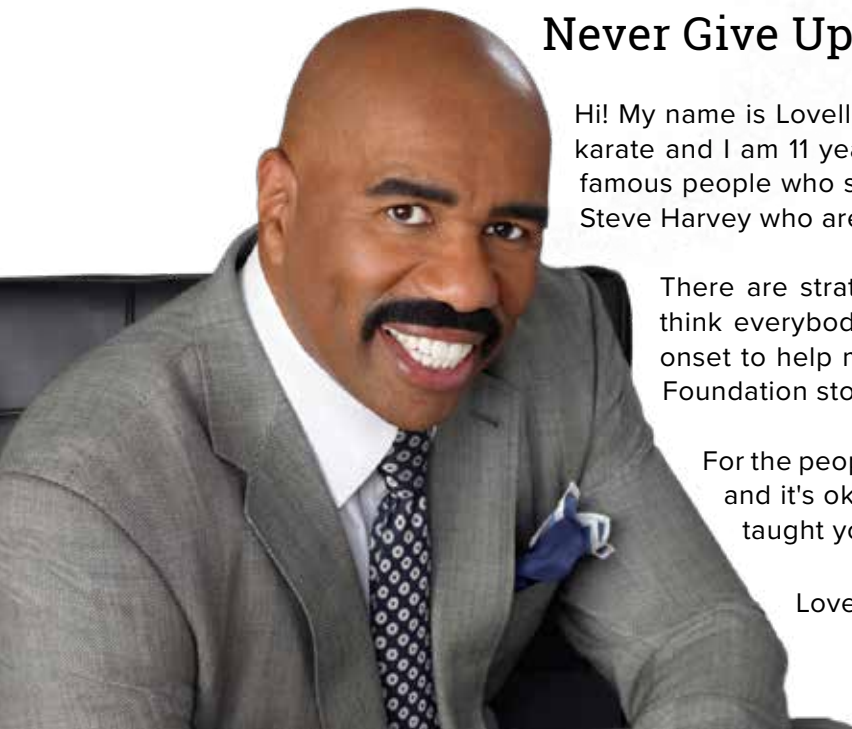
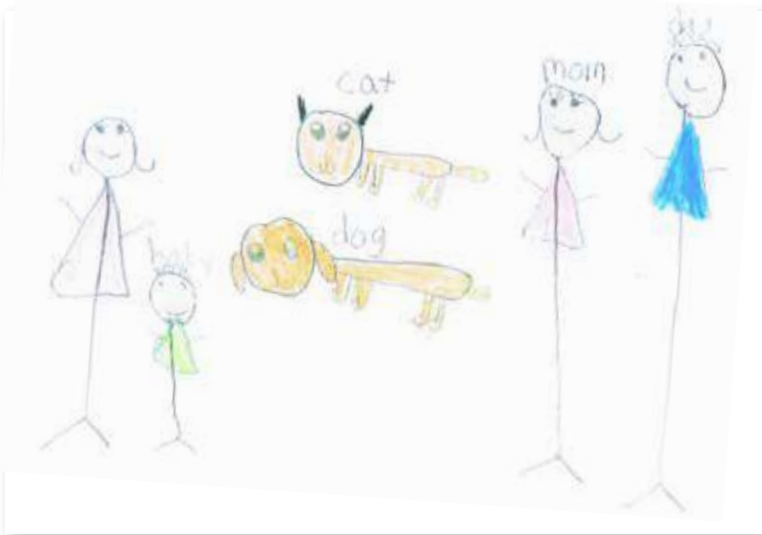
Never Give Up

Hi! My name is Lovell and I am an awesome kid. I love sports and I do karate and I am 11 years old and I am in the 5th grade. I learned about famous people who stutter. I want to give a shout out to Shaquille and Steve Harvey who are awesome role models.

There are strategies that I use to help me a lot of times and I think everybody should use them. I use slow speech and easy onset to help me. One day you might want to write a Stuttering Foundation story like me.

For the people and kids who stutter, use everything you've got and it's okay to stutter. Use the strategies that your teacher taught you and you might overcome your stuttering.

Lovell, 11, from Virginia Beach, VA

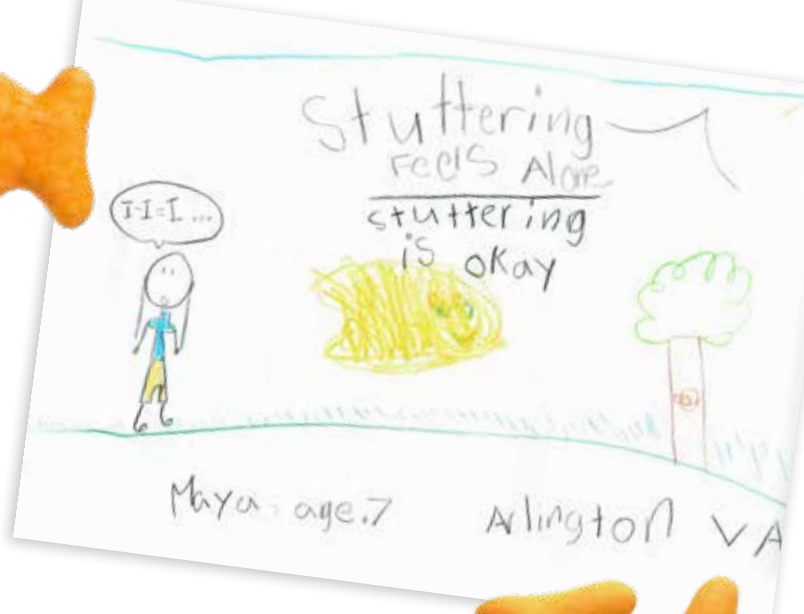


Goldfish Help Me

Goldfish help me, but sometimes I still stutter. What helps me a lot is practicing my easy speech, which is catching my stutter and letting it go, and then my speech therapist gives me a goldfish.

Stuttering feels alone, but my friend Veronica, has a stutter also. We actually sing a song, and since we have sung it so much, it helps me not stutter. It's called the ABC Song.

Maya, 7, from Arlington, VA



TRUE STORY ABOUT MY STUTTERING

It all started when my family and I noticed I could not spit out what I wanted to say. When I went to kindergarten this girl used to tease me about it, but I still had friends. But, one day the mean girl took away all my friends. I was so sad. Another day one girl was finally nice to me. I was so happy, but then before lunch the mean girl and my friend went to the bathroom with me. While I was in the bathroom they were both done. I heard them talking and I realized they were friends. My friend actually was on her side. Suddenly I heard silence! They left me in the bathroom! I had no idea where to go! I was lost at school! Then I found a teacher to guide me. I got bullied the whole rest of the year. But, something was going to change! When I figured out we were moving I also found out I was changing schools. I was so very

happy, but I was still worried about something. Would I meet nice people? Would I be bullied again? Would I have a nice teacher? Would I have friends?

In first grade I saw some very interesting people. It was amazing! I had nice friends. I did not get bullied. I had a really nice teacher. My teacher even taught my little brother how to swim on the weekend.

Then, in second grade, we were working when this lady interrupted and said, "May I please have Peyton?" I was thinking, "Why does she need me?" We went to this tiny, dark room. I was scared. She started asking me about this thing called stuttering. I was thinking to myself, "What is stuttering?" So, I asked, and she told me stuttering is when you keep on repeating the first part of what you're trying to say and you can't say the words. Then I asked, "Why am I here?" She told me my teacher had told her I had been stuttering. I was thinking to myself, "I HAVE been stuttering!" Then she said something about SPEECH. I asked her, "What is speech?" She said speech is where some people go when they need help speaking. So, I started going to speech! We always used to play games and it was so fun. But, in second grade she told me she was retiring. I was so nervous because I still stuttered. I realized I would have a different speech teacher. I was so scared because I didn't even know her.

But, when I met her it was amazing. She was pretty, nice, and the best speech teacher ever! We had so much fun! Later, I started taking singing lessons. I started to notice singing was helping me in speech and speech was helping me in singing. I discovered anything you want to be or do, what you learn in speech can help you. So, never be worried about going to speech, and always remember, even though you go to speech, it's okay!

Peyton, 3rd grade, from Palm Beach, FL

I got a shark

to get through my fears of
stuttering.

Ethan

Age 10



My first day of fishing
before I caught a goblin shark
when I fish I feel happy
and my speech is better.

Ethan, 10, from Pittsburg, CA

STRETCHING IS HELPFUL!

Hello. My name is Noah. I live in Hornell, NY and I go to Hornell Intermediate School. I am 12 years old and I stutter sometimes. I love Pugs because they are friendly. What I use for my stuttering is stretching and it helps me because when I say "Puuuuugs" it stretches it out and makes it so I don't stutter. When I do stutter I also stop myself and restart.

Noah, 12
Hornell, NY



I Will Show That I Am Capable

My name is Riley and I am an eighth grade student from Sherman, Connecticut. I have an 8 year old brother who is very good at math, and a mother who is a daycare owner. My father is an electrician and a lot of other things as well. I also have three cats and a dog.

I've had stuttering since I was in third grade. I didn't really know it at the time, until my mom got me to a speech teacher who was Mrs. V. Over the years, I've gotten better to control my stutter, though sometimes it does come out. It's sometimes irritating because it takes a lot for me to get my words out and sometimes I don't make sense at all. But thanks to the people around me, I've gotten really better at trying to overcome it.

Before I met Mrs. V., my mother taught me a technique to slow myself down. She told me to take a deep breath and think of what I'm going to say, and breathe out and say it again.

Mrs. V. also taught me other ways of making my speech fluent. One of them is blocking where you cut yourself off and you re-say the sentence over again. She also taught me to slow down my speech with a metronome. One of my favorite strategies is actually singing, for you cannot stutter when you sing. For one of my science projects, instead of telling people what I did, I wrote a poem and sang it to the class. My science teacher told me I was a very inspiring and commendable student for doing this.

Along with stuttering I have ADHD and dyslexia. Currently I'm actually writing a book to overcome these disabilities to show what I'm capable of. I encourage others to do the same because we might be different from other people but that's what defines us in this world.

This is also my last year in this school so I will be leaving Mrs. V. soon. I feel like I have the tools to move on, but I will never forget the teacher who helped me with my speech.

Riley, 8th grade, from Sherman, CT



Evont, 8, from Pittsburg, CA

MY STUTTERING

Hi! My name is Nasir. I started stuttering when I was five. I started going to speech therapy when I was six. It's okay to stutter because I stutter a lot. I do cancel, then take a deep breath, and say it again – that's cancellation. I don't like answering questions in class because I feel like I will stutter. Little kids, don't be afraid to stutter because it's okay to stutter. Just don't be afraid to stutter.

Nasir, 11
Virginia Beach, VA

SOMETIMES STUTTERING JUST HAPPENS SUDDENLY



by Gavin!

Hi – I am Gavin. I like to play football at recess. I'm 8. I'm in second grade at KMS. Next year I'll be in third grade. My teacher is Mrs. C. I started stuttering when I was 3. It started when I was talking and I just stuttered. I use easy onset and phrasing. I used to go to KCS with a speech teacher. Now I'm at KMS with a new speech teacher. And, I like to play video games on my Nintendo – I like Mario and Pokemon.

Gavin, 8, from Danielson, CT

Himani-6
Maryland



You Can Give Me Extra Time

Himani and Charlotte on the playground:

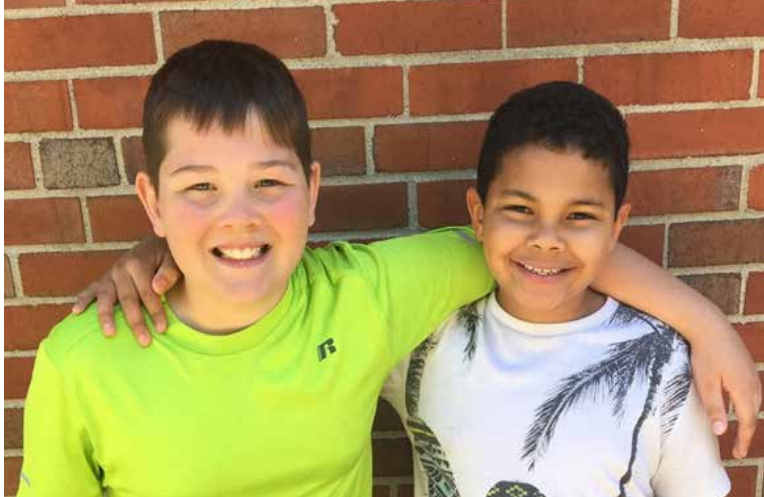
Himani: Let's g-g-go play on the bars.

Charlotte: walks away

Himani: I don't like when you walk away. When I get bumpy you can give me extra time to talk.

Charlotte: smiles Okay!

Himani, 6
Bethesda, MD



ADVICE FROM RICHARD AND JACOB

Jacob and Richard say: “A lot of kids stutter. It’s OK when you stutter. Don’t let anybody pick on you. It’s not right for anyone to pick on you. Stick up for yourself if you can. If it doesn’t work, go to a teacher and use your belly breathing.”

Jacob says: “When I stutter I get very frustrated and mad but then I say to myself, “It’s not against the law to stutter.” And then I remember that I’m a cool kid. I also have a lot of friends who really like me and that’s what makes me a cool kid.”

Richard says: “When I get teased about my stutter I get mad and sad and I feel like I want to hurt the person who picked on me but I don’t because I’ll get in big trouble.”

Jacob and Richard say: “Use your strategies when you want to be fluent. If you don’t want to be fluent it’s OK because it’s just going to reflect you.”

Richard says: “I use my strategies all the time and that’s how you make your speech more fluent.”

Jacob says: “PS I’m psychic and I know if you practice your strategies with your speech teacher you will get better.”

Jacob and Richard say: “We’re just regular kids like you. We play football, basketball, baseball and also Jacob likes to wrestle.”

Your stuttering friends,
Richard, 5th grade, and Jacob, 4th grade
Wallingford, CT

Don’t Let Anyone Change Who You Are

Hi, my name is Ronnie. I am 11 years old and I’m in the fifth grade. I have been stuttering my whole life.

First I’d like to say that it’s ok to stutter. Everyone stutters, and no one is perfect. Everyone has something that makes them different.

Sometimes people ask questions when we stutter. It happens to me a lot, but they may not be trying to be mean. Some people are just curious and don’t know better. Something I’ve done is, me and my friends taught the whole school about stuttering. My speech teacher helped us to plan out lessons. Then, we got a group of people together, practiced our lessons, and each day for a week we went on the announcements to teach a new lesson to the school. Now, I still get some questions, but not as many and not as serious of questions. Plus, I know what to say.

Sometimes people ask questions just to be mean, but don’t let them make you scared to talk. You might get made fun of, but ignore their comments. Those people are not your friends. Remember the words of John Wooden, “Do not let what you cannot do interfere with what you can do.” My mom always says, “Just wait until you’re older, and they see you succeed.” Then you’ll think back to their mean comments, and think that if you had let their words get in your head, you would never have gotten this job.

Don’t forget, just be you. Don’t let anyone change who you are.

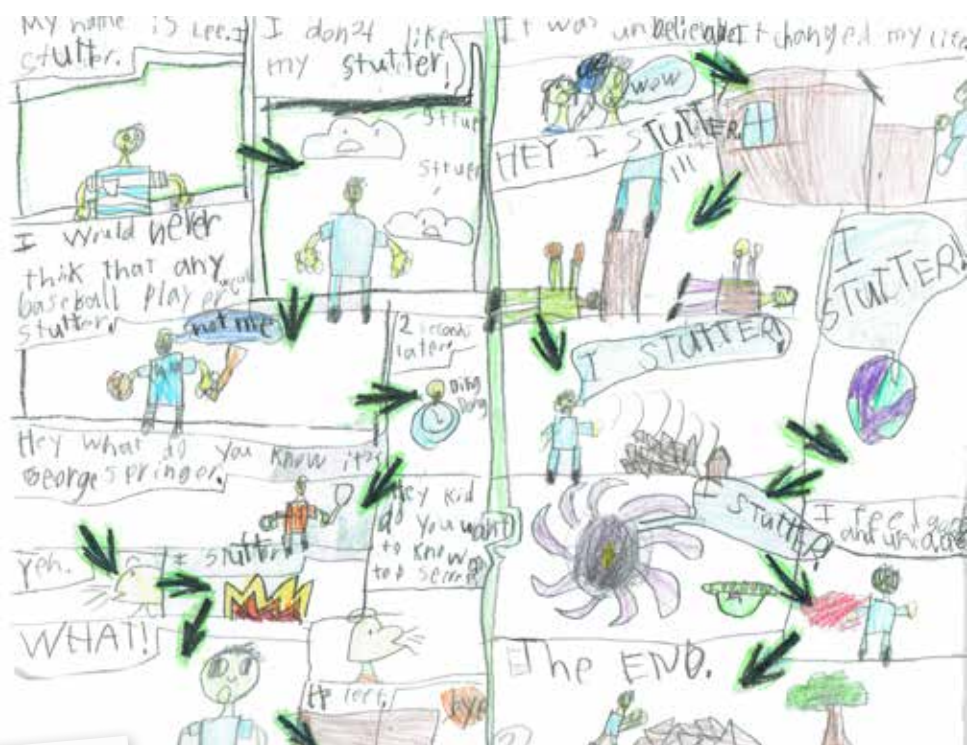
Your friend,

Ronnie, 11
Plano, TX

The life



Changing Secret.



My name is Ian.
 I stutter I hope
 this comic helps kids
 know that stuttering
 is OK.
 -Ian, 7, SD

The Life Changing Secret

My name is Lee. I stutter.
 I don't like my stutter (stutter, stutter).
 I would never think that any baseball player
 would stutter (not me).
 2 seconds later DING DONG!
 Hey, what you know – it's George Springer!
 "Hey kid, do you want to know my top secret?"
 "Yeah"
 "I stutter!"
 "WHAT!?"
 He left. "Bye."
 It was unbelievable.
 It changed my life.
 HEY I STUTTER!
 I STUTTER! I STUTTER! I STUTTER!
 I feel good and unique.
 The end

Going to Speech Class Helps

My name is Tristan and I'm 10 years old. I started stuttering when I was 4, and to prevent that I belly breathe and ease into the sentence. I feel OK when I stutter because I never got made fun of, and, I go to speech class to help.

Tristan, 4th grade
 Drexel Hill, PA

Ian, 7
 San Diego, CA



A STUTTERING FOUNDATION TRIBUTE

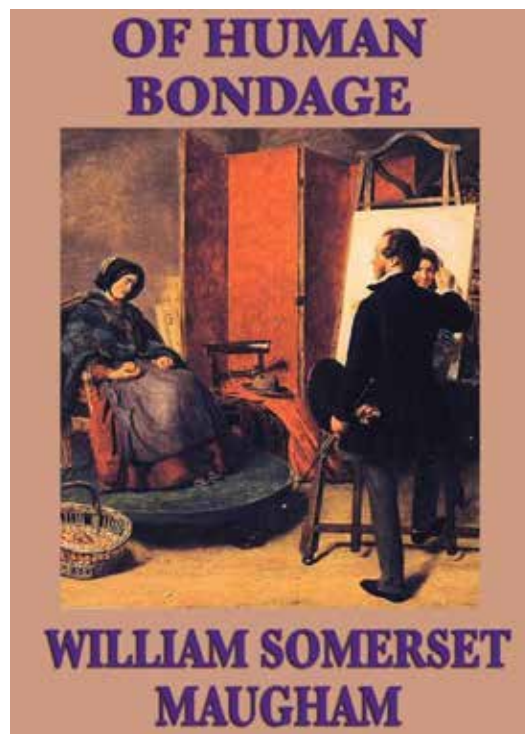
W. SOMERSET MAUGHAM

THE GREATEST WRITER OF HIS TIME · 1874 -1965

"For much of his long life – he lived to be over 90 – Somerset Maugham was the most famous writer in the world. He was known everywhere for his superb short stories and for his novels, the immensely acclaimed, Of Human Bondage, becoming one of the most widely read works of fiction of the twentieth century. His books were translated into almost every known tongue, filmed, dramatized, and sold in the millions, bringing him celebrity and enormous wealth. Wherever he went he was pursued by journalists, eager for information: this extraordinary man seemed to know everyone, from Henry James to Winston Churchill, from Dorothy Parker to D.H. Lawrence."¹

Though immensely successful in his later years, Somerset Maugham's youth was filled with hardship on account of his speech. A withdrawn child on account of his stutter, he especially suffered during his years at The King's School in Canterbury. "When a fierce master there asked him to translate a passage and he began to stammer, the boys burst out laughing and the master shouted: 'Sit down, you fool. I don't know why they put you in this class.' Seventy years later Maugham recalled this degradation, the laughter from his teacher and peers, and the subsequent demotion that followed."²

"Once there was a long queue outside the third-class ticket office at a train station," Maugham recalled, "so I took my place in the queue. But when it came to my turn to ask for my ticket to Whitstable, I couldn't get the word out. I just stood there stammering. People behind me were getting impatient, but I still couldn't say 'Whitstable.' Suddenly two men stepped out of the queue and pushed me aside. 'We can't wait all





Left: An LP of a Maugham Literary Reading
 Above: Winston Churchill with Somerset Maugham

night for you,' they said. 'Stop wasting our time.' So I had to go to the back and start all over again. I'll never forget the humiliation of that moment – with everyone staring at me."

"I write only when inspiration strikes. Fortunately it strikes every morning at 9 o'clock sharp."

-Somerset Maugham

Surprisingly, there was only one instance in which the famed author sought treatment for his stuttering – and that was at age 66. He was hopeful for a "cure". Due to repeated obligations to speak in public, which he could not avoid, Maugham consulted a Dr. Leahy, a hypnotist who treated many people who stuttered. During several sessions Leahy taught the writer a specific method of self-hypnosis, which over time began to work for him

to a point. He still stuttered in his everyday life, but was able to speak in public without stuttering at all, almost like he was acting and using a script. What he referred to as the "Leahy effect" wore off after a while, but Maugham always spoke highly of Leahy and credited his hypnosis with being responsible for both more fluency in front of audiences and a sense of confidence for public speaking.

Though Maugham once summed up his childhood by saying, "I was withdrawn and unhappy, and rejected most overtures of sympathy over my stuttering and shyness," he credited part of his success to his stutter. He cited his speech problem for forcing him to retreat into great books...which would eventually fuel his dazzling success as a writer. As his great works continue to stand the test of time, Somerset Maugham can still be regarded as the best writer of his day.

1 *The Secret Lives of Somerset Maugham: A Biography* by Selina Hastings
 2 *Somerset Maugham: A Life* by Jeffrey Myers

SFA IN JAPAN

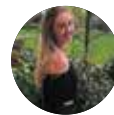
The Stuttering Foundation in Japan Tagline



The Stuttering Foundation sponsored a booth at the first ever One World, Many Voices Joint World Congress in Hiroshima, Japan. There was a great turn out of Speech-Language Pathologists and the stuttering community from all over the world. No matter the place or the language, all participants shared the same passion: to promote awareness of fluency disorders worldwide.



@stutteringfdn
SFA on INSTAGRAM
#stutteringfoundation



carosstylishstutter
United Kingdom

Follow

carosstylishstutter Me, myself and one of my favourite stutterers. Churchill ROARED.. find ways to ROAR everyday for yourself and fellow stutterers! ROAR for people whose whole lives' have been spent in the involuntary vow of silence that is stuttering. Before I found the McGuire Programme at aged 13, I would wake up everyday nervous to speak for fear that my wishes the night before for my stutter to vanish were not heard. Seven years on, I am at the university of my choice. Not cured of my stutter, still working every day on speaking eloquently in lessons, setting daily goals, and fighting difficult words. But I wake up now knowing I can say whatever I want, however I want to. #stutter #stutteringfoundation #stutter #stutterer #stammer #stuttering #speechtherapy #loveyourstutter

85 likes



Be sure to tag us in your Instagram posts, we'd love to feature you in our next issue!
#stutteringfoundation

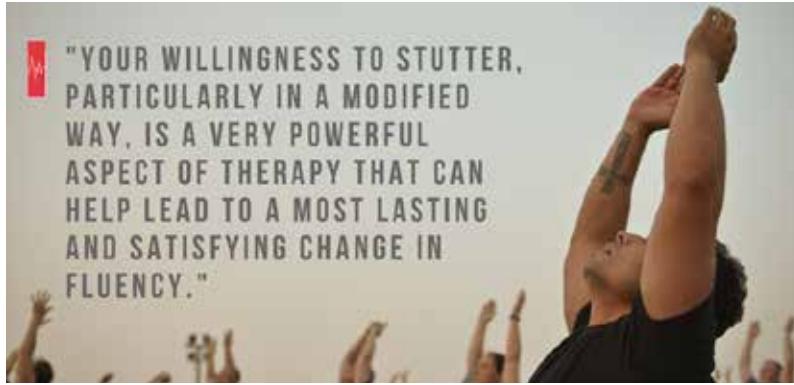


Here's what some of our more than **265,000 friends** are talking about* in our Facebook community

Stuttering Foundation @stutteringhelp



Stuttering Foundation



From **Self-Therapy for the Stutterer**, by Malcom Fraser



Kevin: Being a life-long stutterer, I searched for the path to fluency. I found it by being unconcerned about my audience; not by trying to be fluent. After that day, I savored any little victory where I voluntarily spoke. Those daily affirmations gradually built my confidence in speaking even though I still stuttered.



Stuttering Foundation



A List of FAQs Just for Teachers featured on the SFA website



Charles: As a stutterer I found I was successful giving oral reports and presentations when I "over prepared." I even had a prepared answer for questions I did not know. I remember presentations in college where I felt intense pressure because I knew I was a stutterer, but my motor started and I got through. Over preparing and appearing overly confident may have made me seem a little obnoxious but the stuttering was momentarily avoided. Fluent speaking children may just "wing it" when giving reports, but a stutterer must be very prepared.



BSC: This pic is really moving. Takes me back to my mum trying to help me to read aloud from *Boy* by Roald Dahl. Captures the frustration, and above all the fear, that kids at that age can feel.



Stuttering Foundation



Our Speech-Language Pathologist workshop program has spanned more than 30 years. We've trained therapists from every continent, from more than a 100 countries, and all 50 states — and we're not done yet!



Katarzyna: Participating in the Stuttering Foundation workshop in Portland in 2011 (run by great trainers: Susan Hamilton, Jennifer Watson and Ellen Reuler) was one of the best experiences in my professional life - thank you Jane Fraser and the Stuttering Foundation!



Stuttering Foundation

SFA COMMUNITY POLL:
Do you consider yourself and introvert or an extrovert?

74% INTROVERT

26% EXTROVERT

27 Votes

**some comments have been edited for content, length, and/or grammar; profile photos have been changed.*

2018 Camp T.A.L.K.S.



Camp T.A.L.K.S. (Talking And Learning with Kids who Stutter) energized the Vanderbilt University campus June 4th through 8th, 2018 with 27 school-age children and teens who stutter. Campers spent the week exploring their speech and stuttering, communicating openly and freely, building confidence, self-advocating, educating others, and supporting one other, while having a blast. Former campers gave back as junior and senior counselors, and Nashville area adults who stutter, and students from Vanderbilt and other universities, volunteered their time and talents. Campers' parents bonded as they shared stories, ideas, and plans for supporting and advocating for their children who stutter. The highlight of the yearly camper performances was the premiere of "Stuttering: Yeah," a song written and performed by campers to the delight of family, friends, and the Camp T.A.L.K.S. crew. All were touched during the presentation of the inaugural Joe Fulcher "Got Your Back" Award to Andrew, a 15 year-old "veteran" camper who exemplifies the tireless ingenuity, selflessness, and support for those who stutter continuously demonstrated by the award's namesake - long-time board member and contributor to the Stuttering Foundation, and late husband of its president, Jane Fraser. In honor of the late Mel Tillis, a first-time camper received the Courage to Speak Award, in honor of her week-long transformation from reticence to fearless communicator. **Mark your calendars for Camp T.A.L.K.S. 2019, June 3rd through 7th.!**





This year at Camp, Jack Henderson presented Andrew (pictured above) the first ever Camp T.A.L.K.S. Joe Fulcher "Got Your Back" award! Andrew has been a camper for years and has always been fully engaged and a strong encourager and advocate for, other campers. His parents both wept and even he was speechless (rare for Andrew)! At 13, Andrew already has plans to be a junior and then a full-fledged counselor at camp. Andrew is always ready to give back and we're proud to honor him as the first recipient of the "Got Your Back" Award!



NEW WAYS TO WORK WITH ATTITUDES AND EMOTION FOR CHILDREN AND TEENS WHO STUTTER

by Diane Constantino, MS CCC/SLP, BCS-F

When Russ Harris first introduced Acceptance and Commitment Therapy, or ACT, he wrote: “Imagine a therapy that makes no attempt to reduce symptoms, but gets symptom reduction as a byproduct. A therapy firmly based in the tradition of empirical science, yet has a major emphasis on values, forgiveness, acceptance, compassion, living in the present moment, and accessing a transcendent sense of self. A therapy so hard to classify that it has been described as an ‘existential humanistic cognitive behavioural therapy’.”¹ It did not take long before ACT caught the interest of fluency therapists around the globe.

Among them was Jane Harley, MSc (Psych. Couns.), BA, PGDip. CT, CertMRCSLT, MHCPC of the Michael Palin Centre for Stammering in London, England. She highlights that “ACT aims to help people respond to life challenges with greater psychological flexibility and in ways which are consistent with personal values. A fundamental premise in ACT is that attempts to control problems are frequently the source of further difficulty and that by opening up to the full spectrum of emotions and experiences it is possible to live more fully and authentically.”

And so, ACT has an increasing presence in work with people who stutter, and its’ use with children, young people and families in general is developing rapidly. This growing interest sparked a two-day workshop at Boston University led by Jane Harley on practical ways to utilize ACT with children and teens who stutter.

Clinicians from seven states, as far away as South Dakota and as close as New Hampshire, gathered at BU to build on their experience of using traditional cognitive therapy. Using anecdotes, metaphors, mindfulness training, and many experiential



exercises, the values based behavioral intervention approach took shape in the classroom.

In describing the usefulness of ACT, Harley states that “the helpfulness of control is explicitly questioned, both theoretically and with clients, and the process of therapy is predicated on a relinquishing of control as the desired end. Instead, ACT promotes psychological flexibility and aims to help individuals have a different and more allowing relationship with unwanted internal events rather than struggling with them.”² Harris puts it this way: “The goal of ACT is to create a rich and meaningful life, while accepting the pain that inevitably goes with it. ACT is a good abbreviation, because this therapy is about taking effective action guided by our deepest values and in which we are fully present and engaged.”

Participants were inspired to “gain a new perspective and tons of ideas that I can apply to my practice, and some insights for myself too!” as one participant wrote. As always, we are growing alongside our clients.

¹ Harris, R. *Embracing Your Demons: an Overview of Acceptance and Commitment Therapy*, Psychotherapy in Australia, VOL 12 NO 4, AUGUST 2006.

² Harley, J. *Bridging the Gap between Cognitive Therapy and Acceptance and Commitment Therapy (ACT)*, Procedia - Social and Behavioral Sciences 193 (2015), 131 – 140.

My Best Advice

TIPS FROM DAN PAPPAS

Dear Stuttering Foundation,

Fluency is frequently hard to predict but most welcome when it does arrive. One day my elderly landlady (Alys) remarked that "I stuttered just like her late husband." She meant it in a kind, well-meaning way.

That opened up the flood gates for daily conversations over the next eight years on topics ranging from stuttering to religion and politics. Anything that struck our fancy at the time. In the beginning, she never tired of reminding me that I stuttered.

It soon became apparent that openness about my stutter, more than anything else, helped me to not stutter. At the time it felt like a magical experience.

Epilogue: Alys was an independent woman, raised during the Great Depression, who valued family above all else. She passed away quietly during her ninety-seventh year. At her death she still managed her finances and drove her own car. I will always value her intrepid spirit and wise counsel.

Sincerely,

Dan Pappas

Dan Pappas first wrote to the Stuttering Foundation seeking information in the early 1980s; he has been a friend of the Foundation since then. He worked for 40 years as a contractor librarian at the NASA/Ames Research Center in Moffett Field, California. Happily single, Dan enjoys bicycle riding, reading, traveling, and contributing to SFA Magazine!

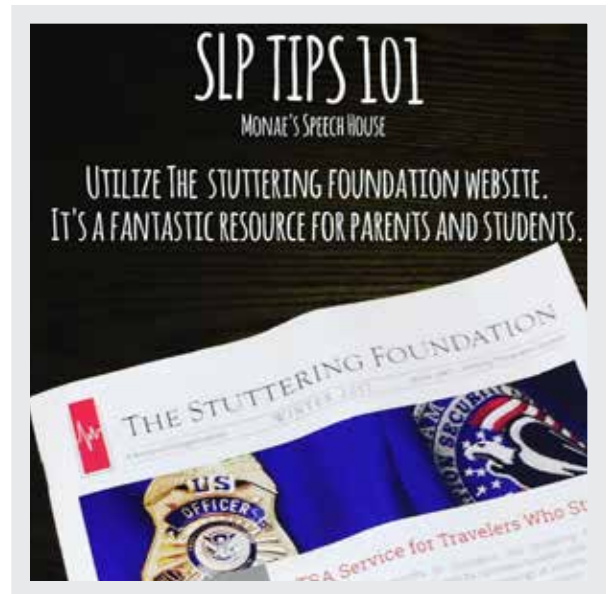
What's your best advice? Send your favorite tip to advice@stutteringhelp.org and we might feature you in our magazine!



@stutteringfdn

SFA on INSTAGRAM

#stutteringfoundation



monaesspeechhouse

Texas

Follow

monaesspeechhouse When I had a high number of students who stuttered on my caseload, I always utilized The Stuttering Foundation. Such a wealth of support and information. My students used to create PowerPoint presentations from information from the website, then they would research a famous person who stuttered and present to a class of students a grade younger (less pressure). Talk about confidence and power! I miss those kids! #stuttering #stutteringfoundation #speechtherapy #slpeeps #speechies #schoolslp #slptips101 #monaesspeechhouse

slp.button I just referred a mom there today!! Excellent resources. And lots of high-quality ones for FREE!



32 likes

Be sure to tag us in your Instagram posts, we'd love to feature you in our next issue! #stutteringfoundation



Ivan's Story

It all started at the age of 6. My mother thought my speech pattern was due to me mimicking my cousin brother, who had a stutter, too.

Just like my mother, I used to think this 'hesitation' would go away. The toddler age went by and my adolescence swept in, only to let me know that my stutter had intensified. Halted speech, restricted social behaviour, anxiety, and most importantly, self-condemnation rocked these early adolescent ages.

By nature I am a confident, extroverted, romantic. Yet, I couldn't ask any girl out for a date. I knew the answer, but still chose to keep my mouth shut.

And after all this, there came the unforgettable movement when I chose my career path. I wanted to cure my issue and I wanted to know myself. In the process, I chose something which could help not only me, but all others around me. I wanted to become a clinical psychologist.

Today, it has been seven long years that I have been studying the subject. Every class presentation increases my heart beat, every interaction with a client is a tense affair. But I choose to fight back.

I used my knowledge of psychological therapy to decondition myself from speech anxiety, and to gain confidence. I took homoeopathic medicines, which helped to have a soothing effect on my nerves. The results were fluctuating. Then I started to try reading aloud (a classical method, but it is scientifically proven to be very effective.)

I now practice various relaxation techniques to calm my nerves down before any tense situation. I practice mindfulness to grow the mind-body connections. Also, I

got into bodybuilding to bring the all-round health in me. This spirit has helped me to get where I am today.

Still today, I stutter. But I am at peace with it. I tell my audiences that I stutter beforehand. I admit my flaw because I have accepted it. I can proudly say that all of these techniques didn't totally cure me of my stuttering, but they helped me to improve a lot. I always told myself that, I may be a stutterer but I am not a quitter in life. And life did not quit on me ever since.

If you can read or talk fluently when alone in a room, please know that you can do it in other situations, too. You just need to unlock and condition this ability. Find out what is holding you back, because stuttering can't stop you from speaking your heart out. If you aim to be completely perfect, that can be a hard thing to achieve. But if you accept and admit your problem, with the right therapies and mind set, you can talk convincingly.



A budding PhD scholar, Ivan Das resides in Kolkata, India and holds a masters degree in clinical psychology. He is a member, writer and counselor for several stuttering associations (like TISA) and social media groups around the world. Apart from being a mental health practitioner, he is fond of bodybuilding, reading and writing, and cooking.

STUTTERING FOUNDATION in Africa

The Stuttering Foundation has partnered with the African Study Center in Rwanda to bring education and learning materials to the children of Africa. Dieudonne Nsabimana, founder and leader of the Center, says " We are distributing resources for stuttering, through our new campaign, "Every Child Who Stutters Matters." We want to make sure that every child who stutters has the support they need."



For more information about the African Study Centre, visit their website at <http://africanstutteringco.wixsite.com/childrenstutter>



The American Academy of Pediatrics National Conference will be held in Orlando, Florida, November 2 through 6, 2018 at the Hyatt Regency Orlando. Visit aapexperience.org for more details.



The American Speech-Language Hearing Association (ASHA) National Convention will take place in Boston, Massachusetts, November 14 through 17, 2018 at the Boston Convention and Exhibition Center. Visit convention.asha.org for information.



The International Stuttering Association World Congress 2019 will be held June 23 through 27, 2019 in Iceland. Visit www.isastutter.org/13th-world-congress-iceland-2019 for more information.



The National Stuttering Association will have their annual conference in Fort Lauderdale, Florida, July 3 through 7, 2019. The conference is the largest gathering of people who stutter. Visit westutter.org/conference for details.



The FRIENDS 22nd Annual Convention will happen in Chicago, Illinois, July 18 through 20, 2019. The FRIENDS conference is a gathering of young people who stutter, their parents, and teachers and SLPs all with the goal of supporting young people who stutter. Visit friendswhostutter.org/annual-convention for more information.



The Stuttering Foundation is a proud participant of the Combined Federal Campaign. Please note our number: CFC #11047

The Stuttering Foundation of America is a tax-exempt organization under section 501 (c)(3) of the Internal Revenue Code and is classified as a private operating foundation as defined in section 492(j)(3). Charitable contributions and bequests to the Foundation are tax-deductible, subject to limitations under the Code.

Using Cognitive Approaches with People Who Stutter: The 2018 Eastern Workshop



The 2018 Eastern Workshop took place at Boston University. It was led by Elaine Kelman and Ali Berquez. The conference coordinator was Diane Constantino.

"It was a memorable and incredibly helpful experience. I enjoyed learning from Ali, Elaine, Diane, and all of my colleagues. Since the workshop, I have worked with a few students who stutter this summer. I have been able to incorporate parents more into the sessions or to speak with them afterwards. I've also let the students take the lead a bit more."

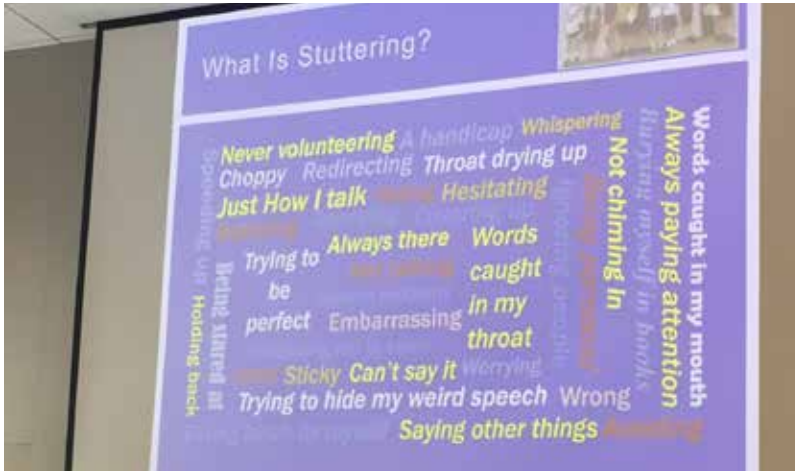


"My thoughts for uses of voluntary stuttering have expanded, and I will be a better clinic supervisor just by implementing what I have learned into my teaching. **I look forward to watching my clients shift from goals of fluency to goals of freedom from worry and shame.**"



Pictured, seated (left to right): Elaine Kelman, Jane Fraser, Diane Constantino, Ali Berquez
Front row: Ashley Rach, Amanda Copes, Christie Earl, Lisa Leung, Meaghan Moriarty, Susan Cohen, Diane Leick, Mindy Kirschner, Kimberly Jones, Jennifer Holtzman
Back row: Kate Kelleher, Jessica White, Barbara Braddock, Kim Krieger, Bailey Levis, Michaela Stone, Sammi Bowyer, Aura Yli-Savola, Ilkem Kara, Sara MacIntyre

Using Cognitive Approaches with People Who Stutter: The 2018 Mid-Atlantic Workshop



"I feel like I have been looking at stuttering with the wrong pair of glasses, and my true 'favorite' moment was realizing this! I now see everything in a new light. I've enjoyed every lecture, and look forward to going through my notes and sharing the information learned with colleagues back home. I've also enjoyed the opportunity to meet such an awesome group of people from all over the world."

The Mid-Atlantic Workshop was a tremendous success this year, held at the Children's Hospital of Philadelphia. Participants came from Argentina, Chile, Poland, New Zealand, Canada, Nigeria, and throughout the US. Vivian Sisskin and Joe Donaher were joined by Michael Boyle who presented his work on improving public attitudes towards stuttering with advocacy and education. The participants also heard from Sam, the young man who recently was ridiculed at a Starbucks because he stuttered. Overall it was a great week with much sharing, learning and laughing!

"I love how **everyone** contributes to the group's learning."



Pictured, seated (left to right): Joe Donaher, Jane Fraser, Vivian Sisskin (not pictured: Michael Boyle)*

Front row: Kara Smallwood, Anna Lichtenstein, Kandice Hachey, Grace Ademola-Sokoya, Justyna Surdyga, Terry Murgallis, Lindsey Kennedy, and Evelyn Rodriguez-Anton

Back row: Anita Lightburn, Kimberly Groves, Julia Rademacher, Christine Miehle, Voon Pang, Daniel Shaw, Rob Palmer, Arnaldo Carocca Troncoso, Danexy Jimenez-Melendez, Anita Bayler, Claudia Zapata, and Magdalena Sitco

**(see additional group photo, featuring Dr. Boyle, on p. 31)*



EMBRACING THE *challenge*

As a former NFL Player and an Award-winning writer, director and producer of film, Michael Attardi is proof that a stutter doesn't have to hold you back. He now runs his own successful sports publication just outside of Orlando called the Florida Sporting News. Michael is an inspiration to his three sons and the stuttering community. He finds it important to share his success with all his mentors.

Do you remember when you first began to stutter?

I remember being in kindergarten at a Catholic school and my teacher yelling at me. "Stop stuttering your words!" I was kicked out of school because of too many fights. If someone teased me, I was going to chase them down. I didn't like to be teased and I stood up for myself at a young age. That is what my parents taught me. Back in the 70's, no one had the answers or help like we do today. I didn't like violence. I remember after each fight, I would win, and walk home crying because I didn't want to fight.

Did you seek treatment? Did it help?

In 4th grade, the school had me see a speech therapist. He was a great guy but he was making the problem worse. He kept on asking me to repeat my words. He even said that I should start talking like Howard Cosell and John F. Kennedy. They had speech issues and their slow speech process might work. There was no way I was going to start talking like Howard Cosell. That was an invitation to more potential teasing and fights.

Tell us about your experience with stuttering as a child.

As you can expect, I was being bullied and had to fight all the time to protect myself. My parents put me into Karate and boxing classes and I learned how to protect myself. Kids knew that if they teased me, I was going to come after them. By 4th grade, the kids I fought all became my best friends and the teasing stopped. That was the 70's. Today, I promote a more peaceful way of handling situations. I look people in the eye and address the issue. Most people feel really bad and apologize.

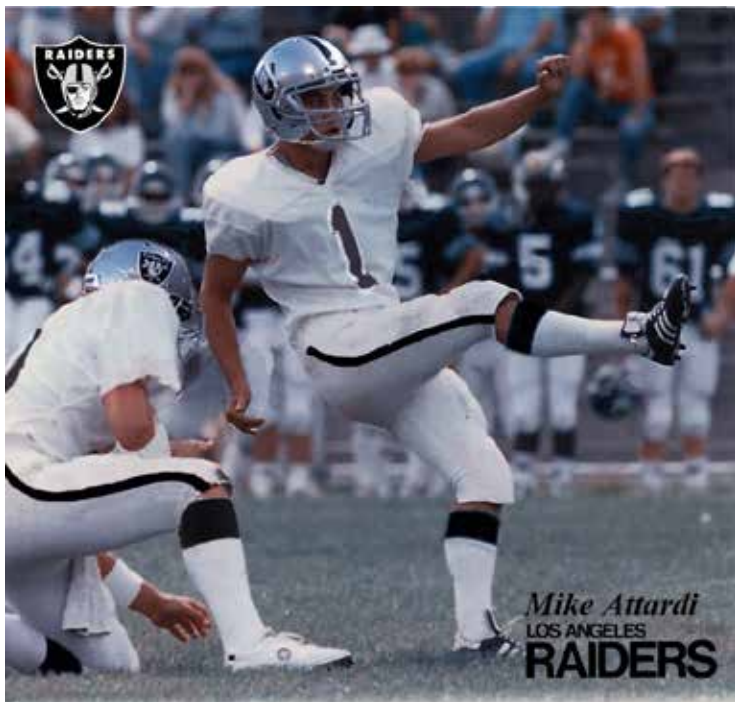
Has your stuttering gotten worse or better since you were younger? How?

My speech impediment has gotten much better. I have learned how to control my issues. When I slow down and concentrate on what I'm about to say, speaking is fluent and natural. When I am tired, needing sleep, my wife reminds me that I am stuttering. The secret is to get plenty of rest and concentrate on what you're saying.

How did it affect you growing up?

Growing up, I had many people say "You Can't Do That!" and I would say, "Yes I Can!" I have always reached for the impossible. I didn't mind being the underdog, in fact, I wanted to be the person that no one believed in. That made me stronger. That is what made it even more special. Whenever I achieved any goals in my life, I thanked the people that were against my success. It was my strong belief in God that helped me deal with all of my challenges. In so many ways, I feel like I have been a messenger to help others who struggle with a speech impediment.





How did/does stuttering affect you as a player/entrepreneur?

In High School, College and in the NFL, my teammates in football never treated me like an outcast. I was their teammate and I had a job to do. I have always said, "Actions speak louder than words!" Never did I get teased, treated differently or ridiculed by my coaches or teammates. We were like a family and everyone was very protective of me and my privacy.

What has it inspired you to research/write about? Why did you decide to write an autobiography?

The original purpose of writing my book was to present my experiences with stuttering and dyslexia. I had a speech and reading impediment as a little boy. I stammered, stuttered and read words backwards. I learned that my thought process was much faster than my speech and reading process. I, like thousands of other kids and teenagers, also experienced bullying because of my issues. I even had educators not believe or understand my issues due to the lack of education on these two subject matters. That was why I was told that I would never amount to anything by some of my teachers.

You said that most of your teachers were not helpful? What did you mean by that?

I really don't blame anyone for my issues. Growing up in the 1970's most educators were not trained or taught about special needs children. Their solution was to have all the special needs children in one class. It was a terrible idea and it failed. Only in the 1980's is when they started to discover ways to help people like me. When I was a kid, educators, friends and other adults laughed at me and told me I couldn't follow my dreams.

I read your book and couldn't stop laughing and crying. You have a Forrest Gump type of life.

I thought it was important to present my story in a light-hearted way. So, I decided to write about stuttering, but I also wrote about my adventures and funny stories about growing up in Long Branch, New Jersey. I continued to write more humorous chapters in my autobiography. Even though I stuttered, I didn't let it define me as a man. I was being defined by the way I handled myself as a true gentleman and friend to all. Stuttering helped me to be more compassionate and understanding of others that were different.

I can't get over that you beat death 3 times in your young life. Do you feel like a cat with nine lives?

Stuttering wasn't my only battle. I also fought meningitis while I was in college, cancer at age 24 and one other life-threatening illness. My autobiography looks at the positive ways and the achievements I have because of the things I had to overcome in my life. It's filled with lots of humor and adventure.

How is your stuttering today? What do you do to control or manage it, if anything?

I can control my speech issues. In front of a crowd, I am flawless. In front of two people, I may struggle a little. It's when I let my guard down and stop concentrating. For years I also had to battle being dyslexic. Reading words backwards. Thank God I had a strong mother who helped me fight that battle.

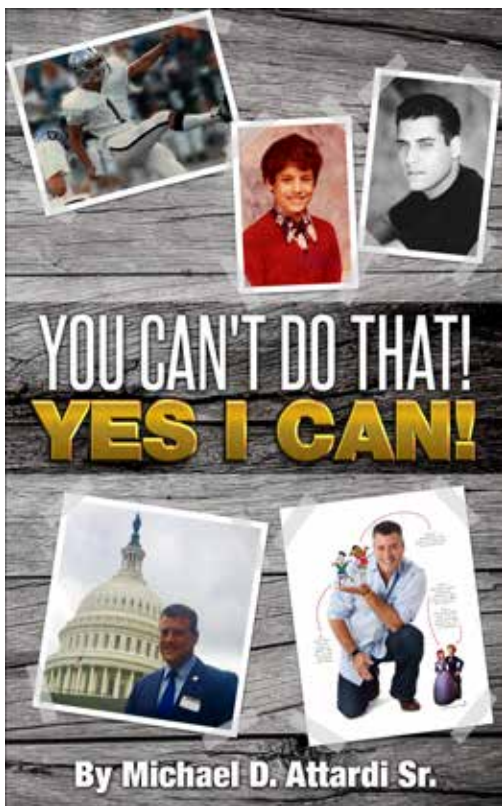
What are the biggest challenges stuttering has presented to you?

Although I am fluent in front of a lot of people, the one on one meetings are tough. That's why I have never secured an agent. Talent agents have never taken a chance on me. They pass on me. I know it's because of my speech and many have told me that straight to my face. I respect them for being honest but I don't respect them as business people. If they had the courage like I did, they would see past the obvious and take on the challenge. I have always helped people. That is what we're all here for, to help one another.

(continued on page 42)

SCENES FROM BALTIMORE

School, health care, and private practice SLPs from near and far came to Baltimore in July to attend the 2018 ASHA Connect. Stuttering Foundation staffers were glad to chat with so many and proud to hear “I am so glad you’re here!”



What is your greatest accomplishment with regard to stuttering?

When I was in High School, mostly everyone was talking and laughing at the fact that I was the lead role of our high school musical. It was a sold-out crowd. When I was singing like “Frank Sinatra” and talking like “James Dean”, everyone was shocked. I received a standing ovation and made a lot of haters into believers that night.

Based upon your experiences, what would you like to tell children who stutter?

Believe in yourself! Make a plan for your goals! An education is something that no one can take away from you! Always treat people with respect, the same way that you want to be treated. Find mentors and love your family. I believe laughter is a very powerful inspirational tool. I also believe the importance of giving kids the opportunity to learn and experience music, arts and sports in the school system. I would not be the man I am today if I didn't have these opportunities. These electives need to always be taught in the schools. I know that was more than one piece of advice but, it took God 6 days to create the world. Not one.

Michael Attardi's book is currently available for purchase on amazon.com.



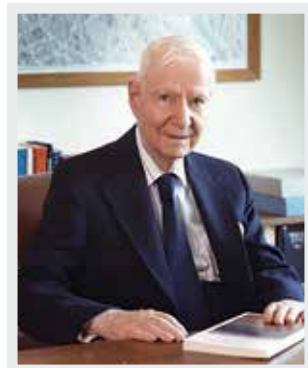


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"We are dedicated to improving the lives of those who stutter."

- Malcolm Fraser, SFA Founder
1903 - 1994



Since its beginning in 1947, the Stuttering Foundation has created a community of millions through research, education, and support. **Founder Malcolm Fraser's vision and our continued mission is to bring hope and help to those who stutter, all over the world.** Thank you to our generous family of supporters, who together with the Stuttering Foundation, are making Malcolm Fraser's dream a reality.

Special thanks to: Joan Warner, Patty Reed, Ron Shafer, Rachelle Loir, Donna White, Madison White, Greg Wilson, Patricia Adams,
Jane Fraser, Scot Squires, Laura Spence, and Sara MacIntyre