



Feedforward Strategy in Children

Investigating the use of a feedforward motor strategy in the speech of children who stutter

Rick Arenas, M.A.
Doctoral Candidate,
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There are two primary strategies that people use when performing any sort of motor task, including speech: feedback and feedforward. Feedback relies on moment-to-moment sensory awareness of system output so that ongoing operations can be altered to obtain a specific motor goal. The feedforward strategy uses internal representations to pre-plan and anticipate the necessary motor sequence to achieve a motor goal. It has been speculated that these two strategies are used simultaneously in any motor movement. In the case of speech behaviors, once they are acquired, a feedforward strategy is assumed to be primarily used, and feedback is only employed when there is a discrepancy between the anticipated sensory output and the actual sensory feedback.



Rick Arenas, M.A.

One way to investigate the use of a feedforward strategy is to look at anticipatory adjust-

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NSSLHA Loves

Students choose Stuttering Foundation! Page 2.

Some Schools Short Kids Who Stutter

By Lisa A. Scott, Ph.D.
The Florida State University

Over the past several years, a growing number of states have begun eliminating or severely reducing services for children who need speech therapy causing great concern for children who stutter and their parents.

Although the Individuals with Disabilities Education Act (IDEA) was passed by Congress in 2004 to ensure that children with disabilities receive appropriate services, this is not always the case for children who stutter.

For a child to receive services under IDEA, the speech therapist has to demonstrate that the disability has an adverse impact on that child's education. Some

states have chosen to define "educational impact" as only being when a child fails a grade.

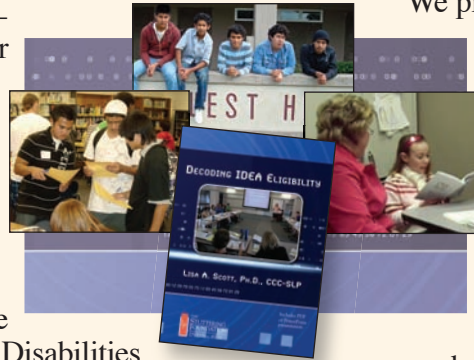
However, just "passing from grade to grade" is not acceptable.

"We produced the new DVD, *Decoding IDEA Eligibility*, in order to ensure that children who stutter do receive the services they need," said SFA's Jane Fraser. "This

new product gives school therapists and parents tools to prove that a child's progress is indeed hampered by stuttering."

Examples would be the student who knows the answer but is afraid to raise his hand for fear of stuttering; the child who plays alone during recess because she stutters and fears being teased; the child who makes straight As

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Unexpected \$53,000 Bequest

The Stuttering Foundation was moved to receive a generous \$53,000 bequest from the estate of Enid Parr. Ms. Parr, a student of Dr. Glyndon Riley at California State University, Fullerton, had a special interest in stuttering and dedicated much of her work in this area.

Drs. Glyndon and Jeanna Riley recall, "She was a pleasure to

work with and provided enjoyable special times at conventions.

We were always impressed by her dedication to the profession. We were privileged to have known her."

"This gift not only supports our programs but also tells us our programs were meaningful to Enid Parr in her work as a therapist," said SFA's Jane Fraser.



NSSLHA Loves SFA

The Stuttering Foundation is thrilled to be this year's recipient of the student-led fundraising campaign organized each year by the National Student Speech Language Hearing Association.

Since 1990 the "NSSLHA Loves" campaign has raised close to \$200,000 in support of 16 national charitable organizations for people living with communication disorders.

"This year, the Stuttering Foundation was chosen because of its support of cutting edge research and unwavering support of practicing clinicians," says Julie Stierwalt, Ph.D., Associate Professor at The Florida State University.

"The products offered by the Stuttering Foundation represent the 'state of the art' information regarding the assessment and management of individuals who stutter. That information is offered to practicing clinicians and students at low cost in order to ensure best practices for this population."

"We are excited to be this year's choice as every dollar raised will go toward helping those who stutter," commented Jane Fraser. "We applaud NSSLHA and their extraordinary efforts!"



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

Sometimes I Just Stutter in French

By Laurent Lagarde

Translated by Jane Fraser

I created my blog, "Goodbye Stuttering," a year ago. The purpose is not only to share my experiences as a person who stutters with others but also to let them know about the many resources available in other languages.

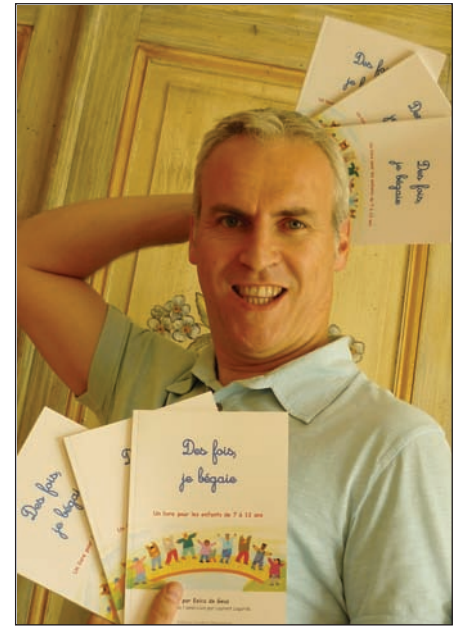
I regularly translate articles from English into French. The Stuttering Foundation Web site is a goldmine of information for me; and it is there that I found this wonderful book, *Sometimes I Just Stutter*, by Eelco de Geus. All I can say is that I wish I had had this book when I was 10 years old!

Since I translated this book, I have had marvelous feedback, especially from mothers. One reported that since reading this book, her son had begun to talk more about his feelings about stuttering and realized he was not the only one to have such feelings. Another said that this book should be in every school library! This is what pushed me into publishing the book in French.

This project has given me great pleasure; and without a doubt, I will continue translating more materials in the future.

In French

"J'ai créé mon blog "Goodbye Bégaiement", il y a un an. Mon objectif est de faire partager aux personnes bégues ma propre expérience mais surtout les nombreuses ressources existant sur le sujet. Le ton du blog est volontairement optimiste et parfois un peu



Laurent Lagarde holding the just-off-the-press copies of his translation!

décalé pour dédramatiser le vécu du bégaiement et montrer que des solutions existent.

Je suis amené ainsi à traduire régulièrement des articles et ouvrages anglo-saxons. Le site de la Stuttering Foundation of America est bien sûr une mine d'informations pour moi et c'est comme cela que j'ai découvert l'ouvrage d'Eelco de Geus. Je l'ai lu avec beaucoup d'intérêt et je n'ai qu'une chose à dire : c'est le livre que j'aurais voulu lire lorsque j'avais 10 ans!

Après l'avoir traduit en français et mis en téléchargement libre sur le blog, j'ai eu de très bons retours, notamment des mamans. L'une me disait par exemple que son fils avait beaucoup apprécié la lecture et surtout avait commencé à parler de ce qu'il ressentait en entendant qu'il n'était pas le seul à vivre ça... Une autre m'a même dit qu'il devrait être présent dans toutes les bibliothèques des écoles ! C'est ce qui m'a poussé à publier une version imprimée de cet ouvrage.

Je prends beaucoup de plaisir dans cette aventure et il y aura donc sans doute d'autres publications. A suivre !"

Schools *Continued from front page*

in math but has trouble reading aloud because he stutters.

The better parents, teachers, and speech-language pathologists understand strategies for documenting how a child's problem affects him or her throughout the school day, the more likely they will be able to successfully advocate for speech therapy.

For more information to help students, visit stutteringhelp.org.



"This is a picture of me giving my presentation. The stuttering ghost doesn't let me talk right. I use my strategies so I can scare the ghost away," writes a student who is receiving services in a school.

The Odd Couple

Tillis and Stossel Join Forces to Help Charity

What do country music star Mel Tillis and hard-hitting television journalist John Stossel have in common?

They both stutter.

In addition, both have recently recorded public service announcements for the non-profit Stuttering Foundation that reached just over 10,000 radio stations across the country this summer.

The public may be surprised that these two well-known Americans are putting a human face on a speech disorder that affects more than 3 million Americans.

Both Mel Tillis and John Stossel have spoken openly of the painful and embarrassing moments in their life caused by stuttering, and now they are working to help others.

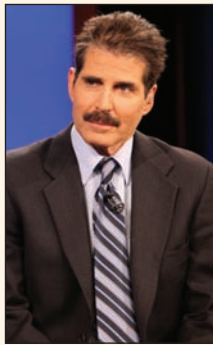
Stossel's childhood and the early part of his career were fraught with the difficulties of stuttering. "I remember terror in the classroom," Stossel said. "In my early days as a reporter, I did regular live 30-

second segments with the anchor of the news program; I woke up every morning in fear of that. The fear stayed with me all day long."

He considered quitting but, fortunately, sought speech therapy first. "Once I began to see the results of treatment, I was like a cork out of a bottle," he said. "I started talking all the time, celebrating and testing my newly found fluency."

In 1957, Mel Tillis began working as a singer for Minnie Pearl, Nashville's great country comedienne. Pearl encouraged Tillis to talk on stage, but he refused, afraid that he'd be laughed at. Pearl replied, "Let 'em laugh. Goodness gracious, laughs are hard to get and I'm sure that they're laughing with you and not against you, Melvin."

"Mel Tillis and John Stossel are living proof that people who stutter can be highly successful in their chosen field," notes the Stuttering Foundation.



Annie's Mailbox Reaches Millions

In their daily column, *Annie's Mailbox*, Kathy Mitchell and Marcy Sugar offer advice. Recently they informed millions of their newspaper and Internet readers about the Stuttering Foundation.



Dear Annie: My husband and I recently visited the beach house of some friends. While there, I met an interesting lady who stuttered. At first I thought she had had too much to drink, but after 15 minutes I realized she had a speech impediment. I've never met an adult who stutters. At times it was very uncomfortable because I knew the word she was trying to say but could not get out.

Would it have been rude to complete the word for her, or should I have let her work through it? I felt very awkward.

-Uncomfortable in Florida

Dear Florida: It is best to allow a stutterer to complete the word on her own, no matter how long it takes. If you expect to see this woman again, or if any of our readers would like more information, we recommend the Stuttering Foundation (stutteringhelp.org) at 1-800-992-9392.

Journalism Award Winners Announced

The Stuttering Foundation announces its 2010 Awards for Excellence in Journalism today to celebrate stuttering awareness.

"Journalists in a variety of settings have done an outstanding job of focusing on the causes and treatment of stuttering during the past year," said Jane Fraser, president of the 63-year-old nonprofit founda-

tion. "We were particularly excited about our new category this year that recognizes Internet media."

Category: Daily Newspapers

First Place: Jennifer Nixon, *Arkansas Democrat-Gazette*. "Staggered Speech: Stuttering Remains a Frustrating



Mystery." One judge wrote, "It was an excellent story with plenty of tips for helping people who stutter and numerous resources for readers to get more help."

Category: Television

First Place: Yahaira Maldonado and Univision for their timely segment on stuttering on the network's *Despierta America*. This outstanding segment

Continued on page 16

Suds and Steps Support SFA

Josh Cohen raises money with car wash and Zumbathon during National Stuttering Awareness Week



Josh Cohen, a remarkable young man from Cherry Hill, N.J., has stuttered for nearly his entire life. He will be 13 soon and celebrating his Bar Mitzvah in October. This passage requires he complete a personally meaningful project of community benefit.

“Because I have stuttered my whole life, I’ve decided to do something related to stuttering,” Josh told us in his proposal to sponsor two fund-raising events and several school classroom presentations. “Being a stutterer can be very hard.”

During National Stuttering Awareness Week last May, Josh, with a great deal of enthusiastic support from family, friends, and community, hosted a car wash.



Jerry Barton, owner of Marlton Classic Car Wash & Drive Thru Express Lube, donated his facility for the day, along with all the proceeds from each car wash and oil change. Josh’s speech teacher at Rosa Middle School, Sarina Hoell, passed out SFA brochures and answered questions. The kids sold pretzels and drinks donated by local grocers and vendors. All in all, nearly \$900 was donated.

In June, the Zumbathon fund-raiser was a successful masterpiece of organization. Friends Debra Faye



and Joy Ditkoff ran registration and sold T-shirts. Cherry Hill Mayor, Bernie Platt, offered the use of the Township Community Center for the event. Josh’s mom, and eight other instructors from middle and south New Jersey and Pennsylvania, inspired more than 60 energetic participants! Josh’s sister secured the sponsorship of owner Aisha McKenzie’s Beyond Hair Salon & Spa



Josh Cohen with car wash owner Jerry Barton and speech-language pathologist Sarina Hoell.

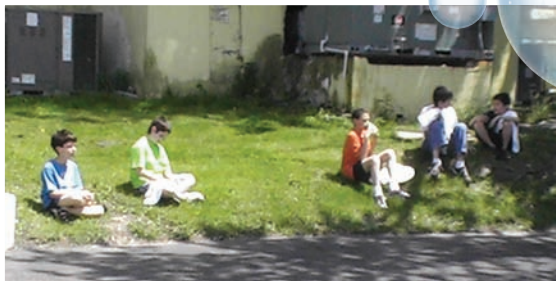
with gift certificates for all supporters. The Cherry Hill Sun covered the event, helping further the cause of public awareness. Once again, local restaurants and businesses including Trader Joe’s, Wegman’s, Wine Warehouse, and Mr. Lou Ventresca, donated water, snacks and gift certificates. The Zumbathon raised nearly \$900 also!

Most impressive is that Josh chose to do his mitzvah project about something so personal. His recognition of the significance of raising public awareness, along with public education and community service regarding stuttering, is commendable. “It is even more so,” said Jane

Fraser, president of the Stuttering Foundation, “considering that the projects’ organization and execution required so much interaction between Josh and his community. That can be daunting for a person who stutters.”

Josh really put himself out there for a cause important to him. His mom, Wendi Cohen, said, “I hope, through our fund raising efforts and Joshua’s classroom education presentations, we have been able to make a difference in the lives of those who stutter.”

The Foundation has been proud to support Josh’s effort, and honored to have been chosen to partner with him on his special project. We plan to have an update after his Bar Mitzvah.



Car wash participants take a break after working hard.

Foundation Questions ASHA Change

The comments listed here cause grave concern about the current requirements for the Certificate of Clinical Competence from the American Speech-Language-Hearing Association, the accrediting organization for the United States. It is now possible to obtain the CCC without ever having had a class on stuttering. This leaves young therapists with inadequate training and forces parents and children to seek help elsewhere.

My son is 17 and he has taken speech therapy at school most of his life. I can't tell that it has done much good. He is difficult to understand in person but on the phone it is horrible.

My son is 12-years old and was in speech therapy in our local school district through 4th grade. I am not confident that my local school district has/can help him in the limited times that they have previously scheduled for therapy in the past. I am seeking ways to help him as I am concerned that this will become more of an issue for him as he transitions into adulthood.

I am the mother of an 11-year old boy who has issues with stammering, especially with words that begin with "w" and was wondering what treatments are available for him. He receives speech therapy through the school system. However, I have not seen any improvement in his speech.

I am a parent that has a child who has stuttering. He was released from speech therapy because he did not show an educational need, but continues to stutter. Need information on how to continue to work with child at home. He has no insurance, so private therapy is not an option.

I have a 13 year old daughter with a stuttering problem for many years. She has been in speech therapy in school but not helping.

through school provided services. Now that I'm out in the real world I find it difficult to obtain employment. I'm seeking a way to limit or control my stuttering.

My son is 11 years old and has been stuttering since he was four. He attends speech at school, but I would like more help.

My 13 year-old son has stuttered since 2nd grade. He has seen speech therapists at school since 2nd grade, but has limited success.

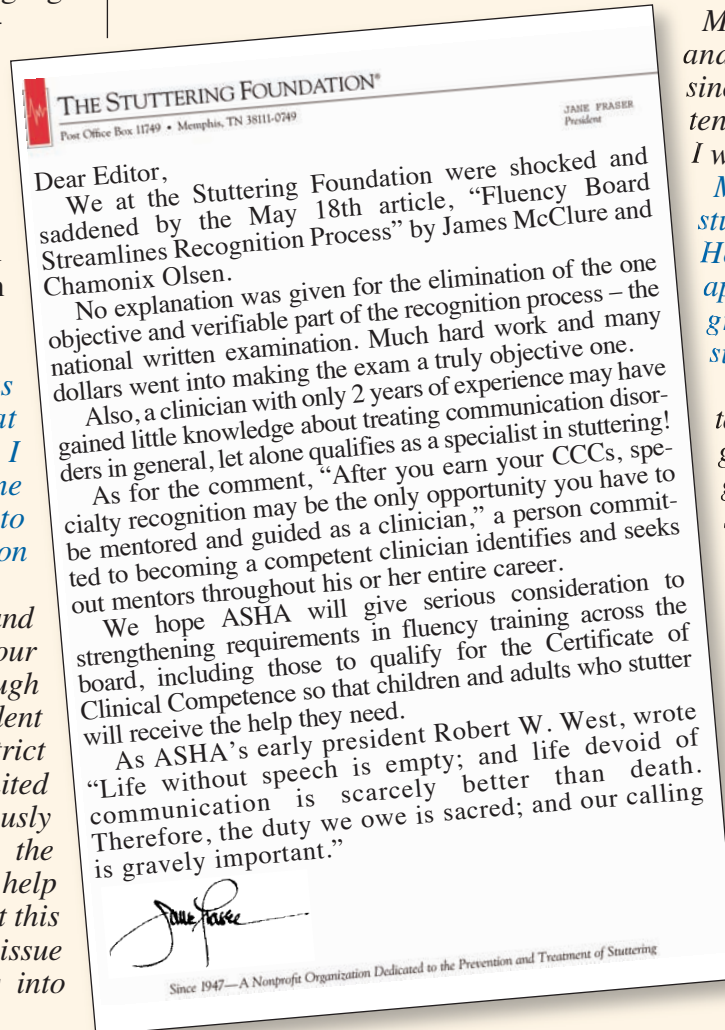
My son actually seems to be getting worse as he gets older. He is 9. He did go to speech therapy in school, but I don't think it helped at all.

"...the poor quality of our academic preparation and services for people who stutter has been well documented.

The ever-widening scope of practice in our field ... has resulted in a diminished academic and clinical preparation of students in areas such as fluency disorders and it is clear that this trend is likely to continue. The 1993 ASHA standards had a serious, negative impact on the quality

of fluency disorders coursework and practicum, and the 2005 standards have continued this erosion ... we have an ethical obligation to inform the public that consumers will need to search diligently to find a speech-language pathologist who is well-qualified to assist those who stutter."

This excerpt is from Manning, W. H. (2010). Evidence of clinically significant change: The therapeutic alliance and the possibilities of outcomes informed care. In *Seminars in Speech and Language*. S. Yaruss, guest Ed. Vol. 31, New York, NY: Thieme Medical Publishers, Inc.



This letter was sent by SFA President Jane Fraser to The ASHA Leader, the publication of the American Speech-Language-Hearing Association.

I have a 10-year old son who stutters. He is currently getting one day a week of therapy from his school in a group setting and nothing during the summer. I have noticed in the last couple of months it is getting a little worse. I would like to know if there is something I can do for him during the summer.

I am a 23 year old male who has attended years of speech classes throughout my life. All of my speech classes have been

Cognitive Approaches Change Lives

Boston Workshop Deemed Success

Since 1985, the Stuttering Foundation has conducted intensive summer workshops in order to increase the pool of speech-language pathologists trained in the latest techniques for the treatment of stuttering. This summer was no exception.



The five-day Eastern Workshop, Cognitive Approaches to Parent Child Interaction Therapy, was held in Boston from June 14-18. Co-sponsored by the

Stuttering Foundation of America and Boston University, the workshop was attended by clinicians from ten states, Puerto Rico, Canada, and Poland.

“Those who are selected to participate already have professional experience and

are highly motivated and have a significant interest in stuttering,” added Diane Parris, M.S., of Boston University, coordinator of the Workshop.

Frances Cook and Willie Botterill began the program with a “brief taster” of Cognitive Behavioral Therapy and Solution Focused Brief Therapy for the first two days. The following three days of the workshop were spent exploring Parent Child Interaction Therapy.

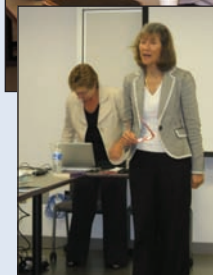
Frances and Willie highlighted the role of the clinician as facilitator rather than director of the therapy process.

“My students are enjoying the new information I learned during the workshop,” said one attendee. “We did two hours on cognitive therapy and used some of the activities that the workshop instructors did with us. I’m impressed at how these have facilitated my students’ learning.”

Another said, “This is a significant paradigm shift - one that I will work at gradually incorporating into practice.”

“I grew both professionally and personally from this experience,” added a workshopper.

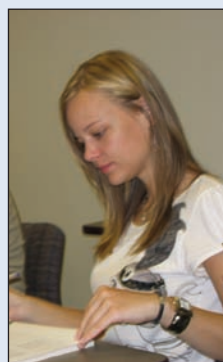
For more information on workshops in the future, contact us at 800-967-7700 or www.stutteringhelp.org.




“I feel much better equipped to help my families of children who stutter. I have real tools in my belt now to use in the therapy room.”



Back row: Lynn Graff Smith, Kimberly Hall, Belmar Rivera Vila, Danra Kazenski, Uri Schneider, Glenn Weybright, Liza Catallozi, Lisa Avery, Marcy Adler-Bock. Middle row: Natasha Beausoleil, Gina Dwyer Urban, Sandi Bojm, Maria Ortiz, Elyse Bryant, Agnieszka Mielewska, Sharon Lee-Sheridan. Front row: Diane Parris, Jane Fraser, Willie Botterill, Frances Cook.



In-depth Focus in Philly



Front row: Vivian Sisskin, Jane Fraser, Lisa Scott and Joe Donaher. Middle row: Karen Ruehle-Kumar, Jennifer Bell, Susan Meek, Deborah Hamburg, Delma Santos, Nadia Brejon LaMartiniere, Donna Acquavella, Robyn Martin, Avigail Schoss and Cristiane de Oliveira. Back row: Amanda Brown, Janene Martin, Chichi Mgbemena, Laura Dempsey, Tanya Torrijos, Rob Reichhardt and Andrea Davis.



“I learned so much that was very practical and will enhance my treatment skills.”

Attendees had the privilege of hearing a lecture on pediatric anxiety disorders presented by Dr. Martin Franklin, University of Pennsylvania, one of the world's leading experts on treatments for pediatric anxiety.

Dr. Franklin detailed how cognitive-behavioral therapy is used to address anxiety in children and then drew parallels to treatments for childhood stuttering.

Throughout the workshop, a variety of learning opportunities were used including traditional lectures, guided case planning, small-group practice of the various clinical and relationship skills, and watching videos of therapy sessions.

“We were so thrilled to have so many clinicians from a variety of work settings devote a week of their

summer to learning more about stuttering,” said Lisa Scott. Vivian Sisskin agreed and added, “The dynamics of the group were wonderful.” “The dedication of these SLPs to helping kids is inspirational. Many children will benefit from the talents and interest they have,” explained Joe Donaher, who was especially enthused about hosting the workshop.

Feedback from participants included:

“After this course, I feel much more confident with making assessments, focusing on the children's difficulties and attitudes towards their stuttering, and developing a treatment plan with my clients. I hope to share the information with my co-workers and look forward to continuing to help monolingual and bilingual children who stutter.”

“This was an amazing experience for me. I am very grateful to have been a participant. Overall, a top-notch experience!!”



STUTTERING AND *THE KING'S SPEECH*

In November 2010, worldwide movie audiences will be presented with a most interesting and unusual movie release with *The King's Speech*, starring Colin Firth as King George VI and Helena Bonham Carter as his wife Elizabeth.

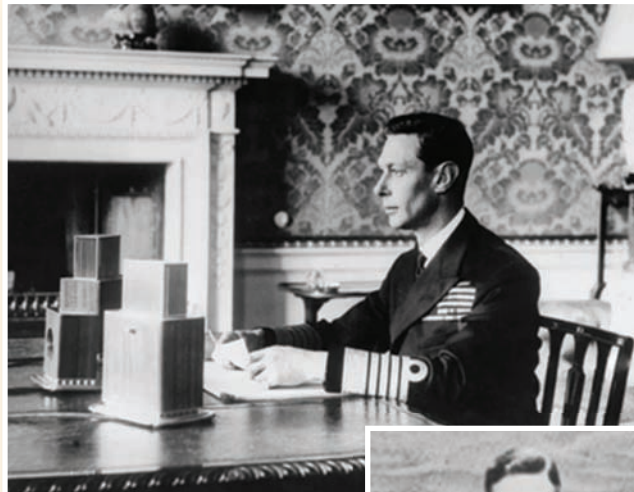
Unfortunately, history may have forgotten the courageous and inspiring story of Prince Albert who stuttered badly and never dreamed that he would ever be king when his older brother, King Edward VIII, abruptly abdicated the throne in 1936 to marry Wallis Simpson, an American divorcee.

In an interview after the completion of the filming of *The King's Speech*, producer Iain Canning said, "His brother was famously charming and Bertie was considered the dull-witted one with little charisma." When Prince Albert, who was known as Bertie, ascended to the throne to become King George VI, it is an understatement to say that his life changed drastically.

The film deals solely with George VI's stuttering and his relationship with Lionel Logue, an Australian speech therapist retained by the Prince to help him overcome his stuttering in the years before, during and after the 1937 abdication by his older brother. While countless other movies have had characters who stutter, this is the first one to focus on the lead

character's stuttering and speech therapy.

Like many people who stutter, Prince Albert had met with failure



in several speech programs. When Lionel Logue, played by Geoffrey Rush in the movie, saw the Prince give a speech in public, he turned to his son and said, "He's too old for me to manage a complete cure. But I could very nearly do it. I'm sure of that."

In his 1982 biography *King George VI*, Denis Judd writes, "Lionel Logue's methods were neither extravagant nor particularly controversial. However Logue's approach was not purely psychological and many of his patients had been reassured that their difficulties could be partly caused by incorrect breathing.

He required his patients to undertake daily breathing exercises

which he had devised, to gargle regularly with warm water, and to stand by an open window intoning the vowels in a fairly loud voice, each sound to last fifteen seconds." Logue's practice began in Australia treating shell-shocked World War I veterans experiencing speech difficulties and he moved his family to London to continue his practice there.

Logue was able to meet with the Prince and soon they began speech therapy sessions. From all accounts, Logue inspired his famous patient mentally by assuring him that his stammering could be cured and that there was nothing psychologically wrong with him.

Logue's constant positive reassurances contrasted the Prince's hurt over past speech therapy failures. King George's official biographer, Wheeler-Bennett, tactfully explained this negative attitude of the Prince: ".....the disillusionment caused by the failures of

previous specialists to affect a cure had begun to breed within him the inconsolable despair of the chronic stammerer and the secret dread that the hidden root of the affliction lay in the mind rather than the body."

The sessions with Logue greatly improved the Prince's confidence as well as his actual speech. The two enjoyed a friendship as well. When, to the surprise of the world, Prince Albert abruptly became King George VI, the new king's stuttering was heavy on his mind from the beginning as he knew that regular radio broadcasts and many more public appearances would put him and his speech in the





Four kings: King Edward VII (far right), his son George, Prince of Wales, later George V (far left), and grandsons Edward, later Edward VIII (rear), and Albert, later George VI (foreground), c. 1908.

spotlight.

Colin Firth recently assessed the situation by saying, “His only job was to speak for the nation on live radio – I mean, how cruel was that? ...there is no recording yet, there is no editing for radio... this is live to the Empire.”

King George VI, who reigned from 1937 until his death in 1952, has been depicted among the prominent people on the Foundation’s list of famous people who stutter.

Now with the upcoming release of *The King’s Speech*, the world will be reminded of the king whose live broadcasts of hope and inspiration kept the spirits of the British people alive during the dark days of World War II. Younger generations should know about this gentle and courageous man.

After decades of characters who stutter being portrayed negatively in movies, it is thrilling for people who stutter to revisit the story of King George VI; without a doubt, they will be the first in line to buy tickets for *The King’s Speech*!



Three Mentors Remembered

Dr. Oliver Bloodstein, a real pioneer in the field of speech-language pathology, and an internationally respected expert on stuttering, passed away on July 4th at the age of 89.

“Oliver attended the very first Stuttering Foundation conference in 1957,” remembers Jane Fraser. “He was always soft spoken and insightful, a true gentleman and a scholar.”

In 1959, he authored *A Handbook on Stuttering*. It is now in its 6th edition, the most recent of which (2008) was co-authored with Nan Bernstein Ratner.



The Handbook, his life legacy, has been called “the most significant single publication in the entire field of speech pathology.” It is unique as a reference in speech-language pathology for its depth of coverage, scope and impartiality.

In addition to *A Handbook on Stuttering*, and scores of major research articles, he also wrote vividly about the long quest to discover a cure for stuttering in *Stuttering: the Search for a Cause and Cure*, and authored the major text *Speech Pathology: an Introduction*.

Bloodstein helped found the New York State Speech-Language-Hearing Association and was awarded Honors of the American Speech-Language-Hearing Association.

This was followed by the Malcolm Fraser Award, which he received in 1999.

An influential advocate of the development of Specialty Recognition in Fluency Disorders, he continued to publish major, original research articles well into his 80s.

J. David Williams, another pioneer in the field, passed away this year. He authored *Basic Goals for a Person Who Stutters*, a chapter from Stuttering Foundation book *Advice to Those Who Stutter*.

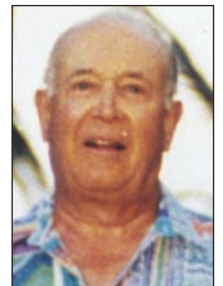
“He always had a smile and a winning way; and his devotion to those who stutter was amazing,” remembers SFA’s Jane Fraser.

Dave wrote, “*I can’t tell you how to stop stuttering, which is what you would like. But there are ways that you can stutter more easily, which sound better and make you more comfortable with your speech, and make a better impression on your listener. Listeners react to the way you appear to be reacting to yourself. If you seem to be tense, panicky, and out of control, they will also feel tense, to which you react by becoming more tense and hurried yourself. It’s a circular process that you can learn to control.*”



Long-time SFA supporter **Edmund (Ned) Kelley**, passed away May 18.

“Ned played an important role in the stuttering community for many years, helping others who stutter wherever he was,” said Stuttering



Foundation President Jane Fraser. “He was a mentor *par excellence*.”

He was born in 1922 and graduated from the Taft School in 1940. He went on to Princeton University as a member of the class of 1944.

After serving with the American Field Service in World War II, Ned joined the wine importing firm of Frederick Wildman & Sons.

Dear SFA: Reader Response



Send letters to SFA, P.O. Box 11749, Memphis, TN 38111-0749 or e-mail info@stutteringhelp.org.

Famous People Who Stutter

Dear SFA,

Many famous people I could describe are people who had speech problems like me. However even though they have had speech problems, they still are very successful. They are a good example for me and other kids who have speech problems or just for anybody.

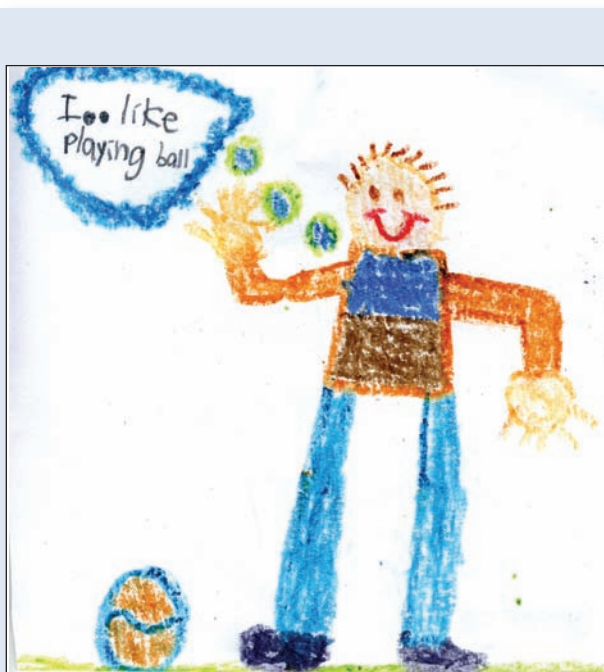
One of them, Darren Sproles, gives me the biggest encouragement because he's an NFL player, and that's what I want to be when I grow up. Now let me tell you some of the facts I know about this electrifying San Diego Charger running back. He's only five foot five inches. Well if you ask anybody who watches football, they know this monster kick and punt returner. You would think he should be a pro bowler. He will probably be the starting running back next season.

David, 7th grade
Aubrey, TX

What I Do About Teasing

Dear SFA,

I would like to tell you about my speech. I lose my voice a lot of times because when you have to talk a lot sometimes people don't understand you. You feel sad because sometimes people tease you about your speech or if you talk different like if you don't speak English. If someone is teasing you, just ignore them or just tell them to stop or you could tell your mom and dad or



Dear SFA,

I started stuttering when I was about three years old. I usually stutter on vowels. I go to speech therapy. I learned a lot of strategies to help me stutter less. My favorite strategy is continuous voice.

George, 9
Charlton, MA

just walk away from them. It's not bad to have a problem.

Maximilian, 8
San Jose, CA

How I Feel

Dear SFA,

I don't like my stuttering, but I don't hate it because it's a part of me. When I stutter around people, I get nervous and start to stutter more and more. It gets annoying when I'm trying to say something important to someone or I'm trying to make a point.

When it happens it feels like everyone is watching – everyone in the world! I try not to but the more I try not to, the more I do it.

I've also noticed if I talk to people I don't know, I stutter a lot more.

Langston
Takoma Park, MD

Are You Like Me?

Dear Jenny,

Is your stuttering still bad? Do you still use your doll or do you have another doll to keep you company? If you're still stuttering, does the doll still help? Maybe I should try it. I'm eight years old. When I was little, I started stuttering. Now I'm getting better at it. Are you getting better at it, too, just like me? I know how you feel, Jenny. When I was little I used to hate stuttering. Do you, too?

Byranna, 8
Fitchburg, MA

Stretching Helps Me

Dear SFA,

Sometimes I stutter. I stretch the word at the beginning and that seems to help a lot. It doesn't bother me when I stutter.

Sarah, 8
Warwick, RI

How to Handle Bullies

Dear SFA,

I've been in speech for 5 years. I love sports. I'm good for my age at basketball. I use good speech strategies. The one I really use is turtle speech. I always have been good at drawing robots.

I used to get very mad because bullies used to make fun of me, but I tell them NO when they

Continued on page 11

Letters*Continued from page 10*

make fun of me. After that I used to get madder, so I just got in a fight. But don't let them get what they want – they want a fight or an argument.

Mikey, 10

Reading, OH

Tips for Teasing

Dear SFA,

I am in the 5th grade. I have been in speech for 5 years or more. Since I was in the 1st grade, I have been made fun of. Here are some of my feelings about stuttering. I feel like a witch in all black clothes. Here are some tips: 1) Don't get into fights. 2) Don't listen. 3) All of us are special and smart.

Spencer, 10

Reading, OH

Strategies Help

Dear SFA,

I have been in speech for 3 years. When I stutter, I feel like I want to hit someone. But all I do is breathe in and try again. I have a twin brother and every time he interferes I feel like the only way to talk over him is to talk fast. My favorite hobby is basketball. I have one sister, too.

I use strategies to help my stuttering. A few of my strategies are easy onset, chunking, and lily pad pausing. When I hear someone tease me about my stuttering, I just walk away. I will always try to improve my stuttering.

Mark, 9

Reading, OH

Everyone is Normal

Dear SFA,

I stutter sometimes and I have problems saying my Rs but it doesn't bother me much. I go to speech therapy once a week on Wednesday afternoons. Even though I stutter I'm a normal kid. Everyone that stutters is normal

and if you have a friend that stutters, help him/her out by being a good friend. Some speech teachers are nice just like mine is and your speech teacher can be as nice as mine if you go to speech. So never think that you're not normal if you stutter. Everyone is normal.

Jake, 10

Wallingford, CT

Reading Out Loud

Dear SFA,

I've been stuttering since I was six. I'm going to speech therapy twice a week. I hate reading out loud because that makes me nervous and I stutter more. But since I do stutter, I don't really care because there is nothing wrong with stuttering and that's who I am.

Nathan, 10

Wallingford, CT

My Words Get Stuck

Dear SFA,

Hi! When I stutter, my throat will not let me say what I want to say. Sometimes I repeat the word a lot of times. Luckily, it doesn't bother me that much at all. When my friends ask me why I repeat the word, I say because I have a stuttering problem.

Jessica, 9

Charlton, MA

Speech Class Helps

Dear SFA,

My speech got better when I started going to speech at school. I have learned how to say proper S sounds, and that speech is very important for you. I have learned to think before I start a sentence. I have learned how to say easy instead of bumpy speech. Kids don't tease me but they wonder why I stutter. I tell them I am working on that in speech. Now when I talk to my friends they wonder why I don't stutter anymore.

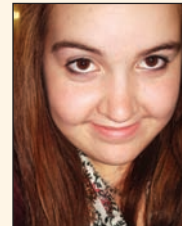
Travon, 8

Eagleville, PA

Through the Written Word

By Rachel, 17-year old

When I was just a toddler, my parents noticed my speech wasn't as fluent as it should be. After getting advice from my doctor,



they were convinced that the speech problems I had would eventually correct themselves. In elementary school I was admitted into my school's speech program. While my stutter seemed to be under control, my embarrassment and shame was never far from my mind.

Now I'm an active high school senior with a 3.8 GPA and a long, exhausting list of extracurricular activities. I'll be attending college this fall, a thought that excites (as well as terrifies) me.

For me, taking advantage of all my opportunities in school meant enrolling in a dual high school/college enrollment class. The course, however, had me feeling extremely anxious... I wanted to avoid taking a speech class for as long as possible. The thought of standing in front of my friends and professor and being judged, not only by the words I'd written, but by my presentation and fluency of speaking... was literally my worst nightmare.

The first assignment was to write a proposal about an organization that we considered important. Being the procrastinator that I am, I waited until the last day to write my proposal, mainly because I was at a complete loss about what to write about. Then, fate stepped in.

To continue ... visit our Web site, stutteringhelp.org, for the rest of this article. Click on "Teens."

Belmar Rivera Vila presents a slide showing SFA materials during the Primer Congreso Estudiantil de OPPHLA, which means the first student congress of OPPHLA. OPPHLA is the Puerto Rico organization for speech-language pathologists and audiologists. She had the opportunity to share fluency therapy information with the audience.



World Congress

The 9th Congress for People Who Stutter ISA and 2nd Latin American Congress on Stuttering AAT will be held May 18-21, 2011, at the University of Buenos Aires Argentina. For more information, visit citargentina2011.com.ar.



Summer Camp in Thailand: Ponjit Jithavech and Jeamjai Jeeraumporn, former SFA workshopppers, with their young friends.



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 4942(j)(3). Charitable contributions and bequests to the Foundation are tax-deductible, subject to limitations under the Code.

Feedforward *Continued from front page*

ments in the motor output. Goffman, Smith, Heisler, & Ho (2008) found evidence of feedforward strategy in speech by examining the breadth of coarticulation across an entire utterance. Coarticulation refers to the influence of surrounding phonemes on the production of a given phoneme. Using an Optotrack system to measure anterior-posterior lip movement, Goffman et al., compared lip rounding across an entire utterance in sentences that differed only by a single vowel (e.g. The mom has a beet in the box., The mom has a boot in the box.), as produced by eight year old children and young adults. One of the vowels requires lip rounding (“oo” in boot) and the other does not (“ee” in beet). When comparing lip rounding between the two sentences they found that in the “boot” sentence there were adjustments in the lip rounding that preceded the “oo” sound. In both age groups, these adjustments were actually present at the beginning of the utterance, suggesting that the motor plan for the

entire utterance was generated prior to the initiation of speech, and hence providing evidence of a feedforward motor strategy in speech.

Max, Guenther, Gracco, Ghosh & Wallace (2004) hypothesized that disfluencies in people who stutter (PWS) may result from an over-reliance on a feedback motor strategy. They speculated that PWS use feedback more frequently than individuals who don’t stutter because they have an inability to consistently generate an adequate feedforward model when initiating speech. For my dissertation project, I am going to investigate the use of feedforward speech motor strategies in the speech of children who stutter (CWS), using the same paradigm that Goffman et.al developed. Specifically, I am going to compare anticipatory lip rounding adjustments between normally fluent children and CWS. If it is true that people who stutter rely less on a feedforward strategy when compared to fluent speakers, I hypothesize that fluent children will show more pro-

nounced anticipatory lip rounding adjustments, and these adjustments will be evident sooner in the utterance. In addition, because we know that speech disfluencies are more frequent in longer and more complex sentences, I will use several sets of sentences that vary in length and syntactic complexity. If between-group differences are present, I can conclude that these differences will become greater as a function of incremental changes in these two variables.

The results of this study will help to gain a better understanding of the motor strategies used by children who stutter. The hope is that this information can lead to a better understanding of how and why some treatment approaches work and perhaps help improve stuttering treatment. I look forward to sharing the results once the study is completed.

References

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- Goffman, L., Smith, A., Heisler, L. and Ho, M. (2008). The breadth of coarticulatory units in children and adults. *Journal of Speech, Language and Hearing Research*, 51, 1424 – 1437.

My ~~Disability~~ Lesson

By Andrew Feese
2010 FAME Essay Winner

This is a new age for people who are disabled. There are electronic aides, there are therapists, and there are exceptions.

I have a speech impediment. I am lucky that help is available. After I make a verbal comment or engage in public speaking, I can see people with that God-bless-him-he-tries-so-hard smile. I can recall a time my freshmen year when we had an assignment in English to recite Shakespeare's, "All the World's a Stage" in front of the class. I was excused from it, I guess, because the teacher thought I would be uncomfortable. She was right, I would have been. I ended up doing a word search instead.

It was not until about halfway through my junior year that I gave my disability much thought. Also, it was not until then that I had a teacher who did not excuse me from anything. What was even more confusing to me was that this was a class that required speaking all the time: French. This person sparked a new attitude I hold toward my disability,

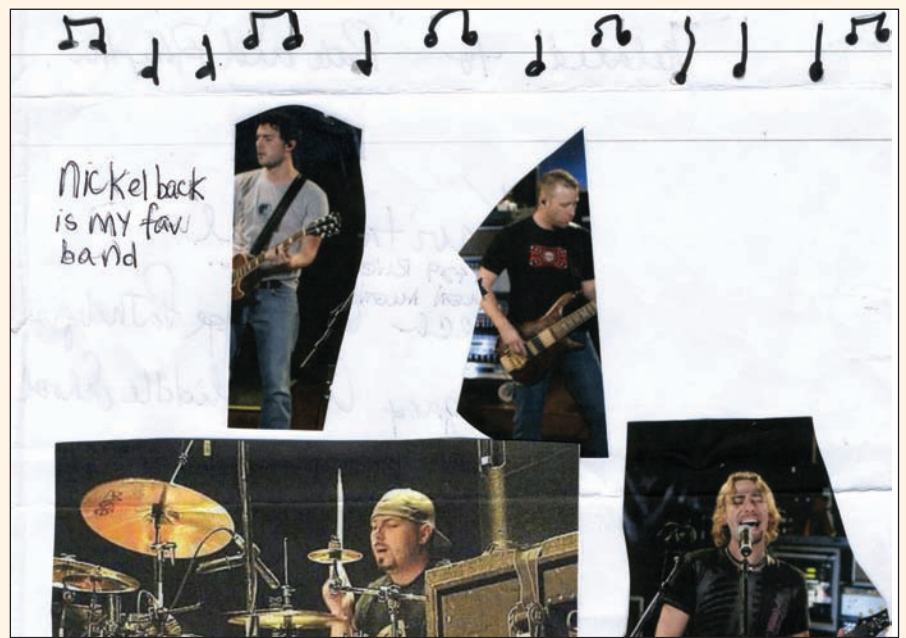
making her, without a doubt, the most influential person in my life.

I am not sure if Madame was asked to or not, but she never gave me special treatment for my disability. She held me to the same standard of speaking the other students in the class had. I don't know if she was ever asked to excuse me from speaking, but it has led me to the notion that while exceptions are good,

equality is better.

Speaking French has proved to be exciting for me. The fact that I do not stutter is a great factor in my love for the language. I strive to be on the same speaking level as my peers and show an example of improvement and overcoming. French has also helped with my speech. My communication continues to improve thanks to newly set goals and ambitions.

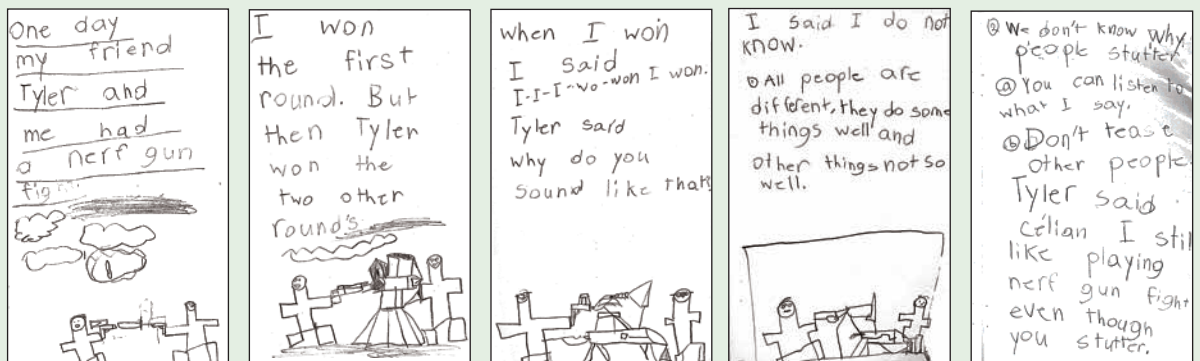
Continued on page 16



*Learning to manage my stuttering is like being in a band: You have to stay with the beat! My favorite band is Nickelback. My perception of managing my speech skills relates to rate and rhythm.
Hunter, 7th grade, Henrico, VA.*

The Nerf Gun Fight

By Celian



One day my friend Tyler and I had a Nerf gun fight. I won the first round. But then Tyler won the two other rounds. When I won, I said, "I-I-I wo-won. I won." Tyler asked, "Why do you sound like that?" I said, "I do not know." All people are different. They do some things well and other things not so well. We don't know why people stutter. You can listen to what I say. Don't tease other people. Tyler said, "Celian, I still like playing Nerf gun fight even though you stutter." The End.

Celebrate International Stuttering Awareness Day on October 22

www.stutteringhelp.org • 800-992-9392 • www.tartamudez.org

Filling the Role of a Missing Dad

The following letter about SFA founder Malcolm Fraser appeared recently in The Commercial Appeal of Memphis.

The May 15 article “Study hints at stuttering as an inherited trait of genes” brought back memories of Malcolm Fraser, who founded the Stuttering Foundation in Memphis.



My brothers Bill and Bob and I were active in the then Man-for-Boy Club in the 1950s, which was based at the Downtown YMCA on Madison.

Mr. Fraser, along with other prominent men, Mr. McRae, president of then Memphis U-Drive-It and Dr. Rayburn Johnson, professor of geography at Memphis State University, all now deceased, played a prominent role for boys who came from divorced families and who were without a father figure to look up to.

Because we were sponsored by these men, we became close to them in all the activities Man-for-Boy represented.

Mr. Fraser even gave my disabled mother a job in the shipping department at Standard Parts, as he was a founding partner of that firm. All three of us graduated from Humes High School, earned college degrees and served in the U.S. Marine Corps.

Bill, now 73, retired from the Marines; Bob, 72, who owns his own CPA firm in Hattiesburg, Miss.; and myself, 70, a retired educator from State Technical Institute at Memphis, all are appreciative of these men. Who knows what would have happened to the three of us had Mr. Malcolm Fraser, Mr. McRae and Dr. Rayburn Johnson not taken the time to get involved? To all three gentlemen, we say “thank you” for caring.

*John C. Cummings
Lakeland*

Awards

Continued from page 3

featured speech-language pathologist Judi Cheng discussing how to help Spanish-speaking children who stutter.



Yahaira Maldonado, right, interviews Judi Cheng, on Univision’s Despierta America.

Category: Internet Media

First

Place: Peter Reitzes and Eric Jackson for their Web site and blog, www.stuttertalk.com. The site includes helpful information on stuttering and podcast interviews with famous people such as basketball great Bob Love, journalist John Stossel, businessman Jack Welch, and country music star Mel Tillis.



Eric Jackson, left, and Peter Reitzes hold the number 200 to celebrate their 200th podcast.

Lesson *Continued from page 13*

This mindset would not have happened if Madame had not held me at the standard of the rest of the class.

This relationship has helped me focus on my dream of being a teacher. Maybe one day, I can be an influence in a young per-

son’s life as Madame has been in mine. I have come to regard my stuttering not as a weakness, but as a challenge. A disability only impairs me as much as I let it. Out of all the lessons a teacher has taught me, that is the most important.

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 Scot Squires Designer
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