



THE STUTTERING FOUNDATION

A Nonprofit Organization

SUMMER 2005

Since 1947... Helping Those Who Stutter

► Ehud Yairi on Incidence and Prevalence, page 3

► Wall Street Journal headlines stuttering, page 3

Speaking is no small task

By Anne Smith, Ph.D.,
Purdue University

Speaking is many things — it is thinking of what one wishes to say, choosing the right words from our vocabulary, putting the words in the proper grammatical framework, communicating the feelings we have, and so on.

At one level though, speaking is producing movements: movements of the rib cage, the vocal cords, and the mouth. To make these movements, we must control the activity of about 100 muscles. One thing about stuttering is very clear: when disfluency occurs, the individual who stutters is not able to appropriately control the activity of the many muscles involved in speech. Why is it that some children do not develop the ability to control the activity of speech muscles, and this becomes a lifelong problem for the chronic stutterer?

At Purdue, we have been working on the answer to that question. Clearly we want to know what happens when the individual is disfluent. Many of our studies in adults who stutter have shown that muscle activity during stuttering is highly variable among different individuals, but highly consistent within a single individual over many different types of disfluencies. The only truly abnormal sign of muscle activity we have found during stuttering is tremor. This is an exaggerated rhythmic activity of muscles happening around 5 to 15 times per second. Sometimes

Continued on page 9



Anne Smith, Ph.D.

NBA star joins SFA lineup



Kenyon Martin, the Denver Nuggets basketball sensation who was named to the NBA's All Star Team in 2004, joins other famous people who stutter on a brochure — which unfolds into a small poster — distributed by The Stuttering Foundation.

The poster is intended to give children and adults who stutter inspiration as they grapple with their speech disorder.

Martin is featured alongside other sports legends who stutter: Bill Walton, Ken Venturi and Bob Love. He is the 16th famous person added to the poster. Others featured include actors James Earl Jones and Marilyn Monroe, Winston Churchill and 20/20 co-anchor John Stossel.

Continued on page 4

Photo by Fernando Medina/NBAE via Getty Images. Copyright 2004 NBAE. Used with permission.

FACTS ABOUT KENYON MARTIN

- **Team:** Denver Nuggets
- **Position:** Forward
- **Born:** Dec. 30, 1977
- **Height:** 6 feet, 9 inches
- **College:** Graduated from the University of Cincinnati in 2000

- **Career Highlights:** 2004 NBA All-Star, 2003 USA Basketball Men's Senior National Team, 16th in NBA in 2002-03 in rebounding, named to the NBA All-Rookie First Team in 2000-01

Source: www.nuggets.com

ADHD Brochure Hot off the Press

Attention-Deficit/Hyperactivity Disorder (ADHD) affects nearly 3 to 7 percent of American children. To assist speech-language pathologists, parents and classroom teachers in reaching these young people, The Stuttering Foundation has published a new brochure.

In March, the SFA printed *ADHD and Stuttering*, which is a collaboration between E. Charles Healey, Ph.D., of the University of Nebraska-Lincoln and Joseph Donaher, M.A., and Stephen Soffer, M.D., both of the Children's Hospital of Philadelphia.

"The biggest misconceptions regarding children with ADHD are that they lack intelligence or that they are doing things on purpose," Donaher said.

Quoting the book *Taking Charge of ADHD, Revised Edition: The Complete, Authoritative Guide for Parents* by R.A. Barkley, Donaher said, "ADHD is not a problem with the child's **knowing** what to do; it is a problem with the child's **doing** what he knows."

This new brochure is certainly valuable to those working in the area of speech-language pathology

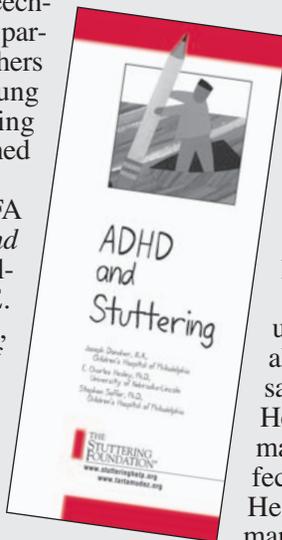
because stuttering and ADHD often overlap.

"Recent studies have suggested as many as 26 percent of children with ADHD also stutter," Donaher explained. "This number may be significantly higher if one considers the language-based disfluencies secondary to speech and language impairments."

ADHD isn't unique to children. "Adults also exhibit many of the same symptoms as children. However, adults can learn to manage the problem more effectively than children," Healey said. "They have many options including: medication aimed at specific symptoms, modifications to the work and home environments to eliminate distractions and seeking counseling."

The new brochure defines ADHD and covers *Treatment for Symptoms, Speech and Language Characteristics and Stuttering and ADHD*. The authors also provide guidelines for treating children and list several resources that offer more information.

ADHD and Stuttering is available online at www.stutteringhelp.org or by calling the SFA at (800) 992-9392. □



Media can't get enough of Swish

Appearing on the pages of *Woman's Day* with 4,239,930 readers, Swish is making his debut on the national stage!

Writes therapist Sal Pace from Massachusetts, "my kids, teachers, and parents are all in love with Swish! It has proven to be a non-threatening door-opener for classroom discussion."

"I've been using it with success in my fluency groups," adds Nancy Ribbler, a speech-language pathologist from Florida.

Articles about this little fellow appeared in hundreds of newspapers and magazines during the past months. *School Nurse News* featured his picture as did *Grand Rapids Family* magazine, *Queens Family*, *Virginia Journal of Education*, *Today's Catholic Teacher*, and *Metro Kids Philadelphia* to name a few.

Kim Brown, staff writer for the *Tulsa World*, did a feature article about the new video/DVD. She notes the kids on the video are talking directly into the camera in order to communicate with the children watching.

She quotes local librarian, Myles Jaeschke of the Tulsa City-County Library, "The Stuttering Foundation makes obtaining the films easy because it



Continued on page 6

Dr. Hugo Gregory Remembered

A memorial gathering for Dr. Hugo H. Gregory was held in Paris, France, on Jan. 22.

Many Northwestern/SFA Workshop graduates from France and Belgium attended the gathering organized by Dr. Marie-Claude Pfauwadel.



Dr. Hugo H. Gregory

They shared professional and personal remembrances of their time with Hugo.

Another service was held at the Portland Methodist

Church, Portland, Ark., shared Carolyn Gregory, who added the service was followed by a reception at the home of Hugo's childhood friends, Mr. and Mrs. Robert Dean Pugh.

Last fall, several memorial services were held. One was in the Alice Millar Chapel at Northwestern University, which was attended by colleagues and friends. Another took place at First Methodist Church in Gregory's hometown of Baraboo, Wis.

Many memorial gifts have been received by the foundation in memory and in honor of Dr. Gregory. See page 11 for a listing of these gifts. □

Research on Incidence & Prevalence of Stuttering

By Ehud Yairi, Ph.D.,
University of Illinois

In a recent conference on stuttering sponsored by the National Institute on Deafness and Other Communication Disorders (NIDCD), I discussed several factors related to predisposition to stuttering. These include (a) occurrence, (b) age, (c) gender, (d) genetics, (e) stressors, (f) concomitant disorders, (g) persistency-recovery, and (h) subtypes.



Ehud Yairi, Ph.D.

Of these, I would like to summarize here a few observations pertaining to the issue of occurrence, that is, how many people stutter.

Whereas dry statistical data do not commonly excite the imagination of either researchers or clinicians, such information tells a whole lot about a particular disorder and often has significant influences on public interest, budgetary decisions for research and services, and professional training.

Thus, in my view, the prevailing

“knowledge” that “only” 1% of the population stutters has created for us noticeable public perception problems as well as unwarranted attitude in the field of communication disorders. Specifically, the 1% figure has produced an incorrect impression that stuttering is a “small” problem. It has been an important reason why, for a long period, the American Speech-Language-Hearing Association (ASHA) and many universities de-emphasized academic and clinical training in fluency disorders required of students specializing in speech-language pathology.

Although the prevalence of stuttering (how many people stutter at a given point in time) appears to be somewhat lower than 1% (about .73% according to Craig et al., 2002), the actual incidence (how many people have ever stuttered in their life) is approximately 5%, with onsets occurring mainly at the preschool age (Andrews & Harris, 1964; Manson, 2000). Furthermore, it is important to realize that the 1% prevalence is an average for the population at large.

Continued on page 9



The complete article can be downloaded at:
www.stutteringhelp.org/download/wsjstory.pdf

WALL STREET JOURNAL HEADLINES STUTTERING

For the first time in several years, the topic of stuttering has made the pages of *The Wall Street Journal*.

The interest of the nation's second largest newspaper* was most likely piqued by press releases sent to the newspaper touting auditory-feedback devices that pick up the voice and play it back into the ear, in the hopes of helping those who stutter smooth their speech.

The newspaper explains that while this technology has been used for some 50 years in speech labs, it is now growing in popularity as a small, inconspicuous device in the ear.

The Stuttering Foundation's Web site was cited as a source of information in the Jan. 25, 2005, article titled *Auditory-Feedback Device May Help Stutterers* by Reed Albergotti.

The foundation believes it was included in the article because it provides unbiased information about these products on its Web site (www.stutteringhelp.org/electdev.htm). And, in fact, it received hundreds of hits in the days, weeks, and even months following the January article.

While these devices aren't for everyone and The Stuttering Foundation doesn't endorse any one product, some research suggests this technology may help a subgroup of people who stutter — possibly as many as 30 percent. □

* *The Wall Street Journal* has a combined Internet and print circulation of more than 2,600,000 worldwide, according to the Audit Bureau of Circulations.

Annual Audit of Foundation by KPMG

The annual audit of The Stuttering Foundation financial reports for 2004 was recently completed by the accounting firm of KPMG. Following is a recap of funds and expenditures for the year.

The 3.9% of expenditures for administra-

tion and general expenses and the 6/10 of 1% for fund raising are very low, and since we are fortunate to have an endowment which more than covers our overhead expenses, donors can be assured that their gifts will go directly to support our program services.

Funds expended for:

| | | | |
|--|--------------------|-----------|--------------|
| Creation, production, printing and distribution of educational materials | \$623,838 | | 53.3% |
| Public information and education | 242,503 | | 20.7% |
| Educational symposia for professionals and research | 136,634 | | 11.7% |
| Maintain Web site and toll-free stuttering information hotline. | 114,440 | | 9.8% |
| Total for Program Services: | \$1,117,415 | | 95.5% |
| Other expenditures: | | | |
| Administration and general | 45,380 | | 3.9% |
| Fund raising expense | 6,979 | | 0.6% |
| Total Expenditures: | \$1,169,774 | | 100% |

The Stuttering Foundation of America is a private operating foundation which expends its funds on its own programs and does not make grants to other institutions.

Give the United Way

Do you give through United Way? You can still directly designate your gift to the SFA! Proof of non-profit status can be sent to your employer by fax, mail or e-mail.

Kenyon *Continued from page 1*

Martin, who has struggled with stuttering since he was a child in school, says the speech disorder was a catalyst that propelled him to the highest levels of basketball. He was named National Player of the Year in his senior year playing for the University of Cincinnati Bearcats.

As a 6-foot, 9-inch power forward with the Denver Nuggets, he averages just over 15 points per game.

In a recent interview, Martin said stuttering has haunted him since his childhood in South Dallas. He endured teasing from classmates and refused to speak in class.

Later, as a basketball star in Cincinnati, his fear of being teased was replaced by the fear of speaking to reporters and he tried his best to avoid interviews.

Then, when he was named Player of the Year and became the No. 1 college player in the NBA draft in 2000, Martin resolved not to let stuttering get in the way of his success. He confronts his stuttering head-on and he doesn't worry what others think.

"Knowing that Kenyon also stutters helps me," said one young boy who lives just south of Denver. "I think he is great."

His mother agreed. "Kids look up to sports stars. They can relate to these

athletes," she said.

"Kenyon Martin will be a great source of inspiration to young people who struggle with stuttering," says Jane Fraser, president of The Stuttering Foundation. She notes that speech therapists, school clinicians, teachers and others often display the posters in a prominent place in their office. □



The 16 Famous People Who Stutter poster is available online at www.stutteringhelp.org or call 1-800-992-9392.

Videotapes Make Comeback Dressed as DVDs

Even best-selling videotapes need to update their wardrobe.

To perform this extreme makeover, The Stuttering Foundation asked retired videographer Buddy Morgan to return and transform *Stuttering: Straight Talk for Teachers and Therapy in Action: The School-Aged Child Who Stutters* into DVDs.

After the wave of his magic wand (and some video editing equipment), the popular videos will soon be available dressed in the contemporary style of DVD.

Morgan had a few tricks up his sleeve. Additional footage has been added to *Straight Talk for Teachers*. And both DVDs will be decked out in redesigned cases.

Interested in adding these DVDs to your video closet? Information will soon be available online at www.stutteringhelp.org. □



New Self-study CEUs Announced

By Lisa Scott, Ph.D.

Florida State University

Several new self-study continuing education products for speech-language pathologists are now available.

Self-study products allow you to complete your continuing education on your own schedule at your own pace without ever having to leave your home or work setting.

For SLPs working with young children, 3 continuing education contact hours (or 0.3 CEUs) are now available for *Working With Preschoolers: Successful Intervention Strategies* by Kristin Chmela.

If your caseload includes school-age children who stutter, you may be interested in the self-study activity *Treating the School-Age Child Who Stutters: A Guide for Clinicians* (2nd ed.). This book by Carl Dell was recently revised and now has 3 contact hours (0.3 CEUs) available.

Any clinician interested in learning more about stuttering should consider book # 0016 *Stuttering: An Integration of Contemporary Therapies*, 3rd ed. by Barry Guitart. This recently updated classic provides essential information on the differences between fluency shaping, stuttering modification,

and how to incorporate both approaches into your work with clients who stutter. It now includes the opportunity to earn 3 contact hours (0.3 CEUs, product #9016).

If you have already purchased the Chmela VHS/DVD or either of the books prior to the associated continuing education materials becoming available,

you can simply order the CEU materials for \$25 and earn credits for the products you already have.

Call 1-800-992-9392, or visit the online store at www.stutteringhelp.org. □



La Gaceta de Guinea Ecuatorial, Equatorial Guinea's largest magazine, touted the SFA Spanish-language Web site, www.tartamudez.org, in its March 2005 issue. Equatorial Guinea is the only country in Africa where Spanish is the principal language. It is situated on the west coast of Africa, between Cameroon and Gabon.

“Mr. 59” Golf Invitational Benefits SFA

When golf great Al Geiberger shot a 59 in the Danny Thomas-Memphis Golf Classic in June 1977 it was a “remarkable achievement,” in the words of Bob Foote.

That score, at that time the lowest ever in a PGA event, inspired Geiberger’s nickname and the tournament that, for the past 21 years, has helped raised some large donations for charity.

The Stuttering Foundation was again a beneficiary of the “Mr. 59” Golf Invitational held April 14-16 in Palm Springs, Calif.

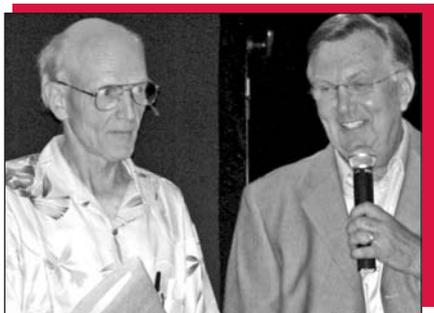


Foote, assistant tournament organizer and longtime friend of Geiberger’s, was instrumental in adding the SFA to the short list of charities that benefit from the prestigious three-day tournament that draws 130 participants from across the U.S. to this golfers’ paradise.

Last year, the tournament’s special guest was Ken Venturi, past chairman of National Stuttering Awareness Week.

Foote, who has also long struggled with stuttering, met with Venturi, who talked about his own stuttering and how he overcame it to become a CBS commentator.

This year, Geiberger was joined by Bob Rosburg for clinics and demonstrations at the Avondale Country Club and the Desert Island Country Club, which was capped by a gala awards dinner and auction at the Indian Wells Country Club that raised about \$20,000 for three charities. □



Bob Foote, left, and Al Geiberger help raise money for charities, including the SFA.



Magazines Make Room for Public Service Ads

Two new public service ads (PSAs) from The Stuttering Foundation are enjoying success this spring.

The first, an all-print ad, stresses the fact that there are many new options for people who stutter.

The second, featuring Buffy the Vampire Slayer star Nick Brendon, is a play on words and uses a typeface that conjures up vampires.

All PSAs are now in color because many large circulation magazines run all their pages in color.

In the past, many pages were in black and white and advertisers had to pay extra for color. Back then, PSAs were expected to be submitted in black and white.

A first for the foundation was a PSA in *House Beautiful*, which

reached nearly a million readers in the April issue!

Forbes started this year’s awareness campaign off with a bang by placing a one-fourth page PSA featuring Winston Churchill. *Memphis* magazine chose the John Stossel PSA and *Modern Healthcare* donated a full page ad with Alan Rabinowitz! *Golf* preferred the all print ad stating “doing nothing is not an option.”

Smaller — but just as effective PSAs — ran in *Prevention*, *Seventeen*, and *Penthouse*. In addition, *People*, *Time*, and *Newsweek* have long been supporters of the SFA.

This is looking like another record year for the foundation’s annual awareness campaign — a campaign that often runs for all 12 months. □

Faster Than a Speeding Bullet

That’s the word out about the new digital postage meter now to be found at the Stuttering Foundation Memphis office. The Postalia meter processes up to 90 letters a minute — and at brisk times of year, that speed is a big time saver for all the staff.



The new meter also prints the Stuttering Foundation logo on every

piece of mail, increasing awareness about stuttering far and wide.

In fact, during the past 12 months, SFA mailed information to people in 69 countries around the world, a new record. Far flung locations like Mali, Mongolia, Sri Lanka, and Malta were destinations of SFA materials on stuttering. □

Lena Rustin Remembered

Dr. Lena Rustin died on December 26, 2004. As in life, she showed her tremendous courage and determination as she struggled with cancer. The words "I'm hanging on in there!" were a constant refrain.

Rustin gained a reputation that was both national and international for the outstanding contribution she made to the speech and language therapy profession, particularly in the field of stuttering.

Diminutive in stature, her dynamic personality profoundly influenced the profile of the profession and her dedication to her clinical work was inspirational. She demonstrated a passionate determination to provide a first class service for children who stammer and



their families. She was a co-founder of the Michael Palin Centre for Stammering Children.

Throughout her distinguished career, she worked both in the National Health Service and in the charitable sector.

She co-authored and edited a number of well-respected books and contributed a range of chapters to important texts.

In 1988, Lena was honored by RCSLT for her exceptional work in the field of stuttering and awarded an honorary fellowship. In 1990, she received the North East Thames Regional Award.

Special thanks to The Michael Palin Centre for Stammering Children for this article.

4 Workshops Help SLPs Be All They Can Be

While it was winter on Dec. 10th in Cleveland, Kristin Chmela's humor warmed the hearts of those attending her workshop, "Working with Children Who Stutter: Becoming the Best Clinician You Can Be." The event was co-sponsored by SFA and The Cleveland Hearing and Speech Center.

One participant noted, "Kristin's presentation empowers me as a clinician to meaningfully help my students who stutter."

Thanks to Kristin's husband, Tom



Kristin Chmela presenting at a workshop Dec. 10 in Cleveland. The event was sponsored by the SFA and The Cleveland Hearing and Speech Center.

Chmela, SFA materials were available during the workshop.

Certainly the weather was warmer for Peter Ramig's in-service in Miami, which was sponsored by the Dade County Schools. Lisa Scott and local resident Lisette Betancourt were on hand and helped at the SFA booth.

Bill Murphy headed south to Waco, Texas. While he was speaking in the Lone Star State, Mary Ann Moore and Kathy Swiney made sure everything went smoothly at the SFA booth.

In Tacoma, Wash., Vivian Sisskin was a dynamic speaker while Rick Burleigh and Susan Hamilton of Seattle did a superb job running the booth.

Because of the hard work of those who staffed the SFA booths, hundreds of SLPs were exposed to new and traditional materials on stuttering. □

Swish

Continued from page 2

mails postcards directly to librarians and ships the DVDs or videotapes at no cost."

Jaeschke added that when patrons discover the series, they usually check out all the films. "They want to get as much information as they can. Even if it's an adult, they check out the one for children," he said.

La Voz de Houston, a Spanish language magazine published in Texas, ran an article on Swish.

Tamara Jones of King Features in the *Asbury Park Press* notes that the DVD lets parents know that their child needs encouragement and acceptance. The same is true of teachers, she stresses. Teachers should be firm and disapproving at the first sign of teasing and bullying in the classroom.

Speech-language pathologist Nancy Ribbler, M.A., says Swish has been exciting for her students to watch.

"I worked with a little girl in kindergarten who stutters ... Every time Swish came on, she giggled," Ribbler said.

This child said she liked Swish because "he's funny."

Ribbler said the kindergartner could

identify with the children on the video when they discussed teasing.

"It seemed like the kids on the video validated what she was thinking and feeling," Ribbler explained.

Speech-language pathologists have used the Swish video in many ways with kids. A few examples from Dr. Lisa Scott are:

- Identifying moments of stuttering. The students point out moments of stuttering and label them according to the type they think they see.

- Ask children to watch for a specific topic (teasing, etc.). Take notes on what the children on the video say and brainstorm for more ideas about how to handle the problem.

- Ask kids to write their reaction to the video.

- Ask children to try to stutter like the kids on the video in order to explore all the different ways there are to stutter. This is not to imitate or make fun of those who stutter, but for desensitization.

- Children can offer "tips" to those on the video. If a child knows how to use particular speech management skills, he or she can write a letter making suggestions to the kids on the video. □

New DVD helps stuttering kids

In Their Own Words

Kids Who Stutter Star in New Back-to-School Video

Kids who stutter star in new back-to-school video

A few of the headlines from around the country.

Booths Draw Crowds at State Conventions

LONE STAR STATE

Keynote speaker and Chicago Bulls' legend Bob Love made sure to sign posters at the SFA booth during the Texas Speech-Language-Hearing convention in April.

On hand during the former basketball player's appearance were Susan Hamilton, who also "keynoted" during the convention, and Carol Ecke, who traveled from Montana to manage the booth.

Ecke explained, "Many people who stopped at the booth were already familiar with SFA material. SLPs noted it is high quality material and there is so much great information. The materials sell themselves."

Joining Ecke at the booth were Dr. Jennifer Watson and her graduate students, Kristi Hammond, Lucey Jones, Kadi Kirland and Janis Wegner. Also lending a hand were Dr. Courtney Byrd, who teaches at the University of Texas in Austin, Kathy Swiney of Houston and Susan Hamilton of Seattle.

Land of Lincoln

The Illinois Speech-Language-Hearing Association's annual convention just outside the Windy City had record attendance, reports Dr. Patricia Zebrowski of the University of Iowa.

Zebrowski noted, "People were thrilled to see our booth at ISHA. We ran out of the new Swish tapes on the very first day and had to restock several other items, too."

She, along with Tom and Kristin Chmela and Dr. Linda Louko of the University of Iowa, made sure everything ran smoothly at the booth during the February convention.

"Many speech-language pathologists were looking for materials that could provide continuing education credits, and one and all liked the SFA's low prices," Zebrowski added.

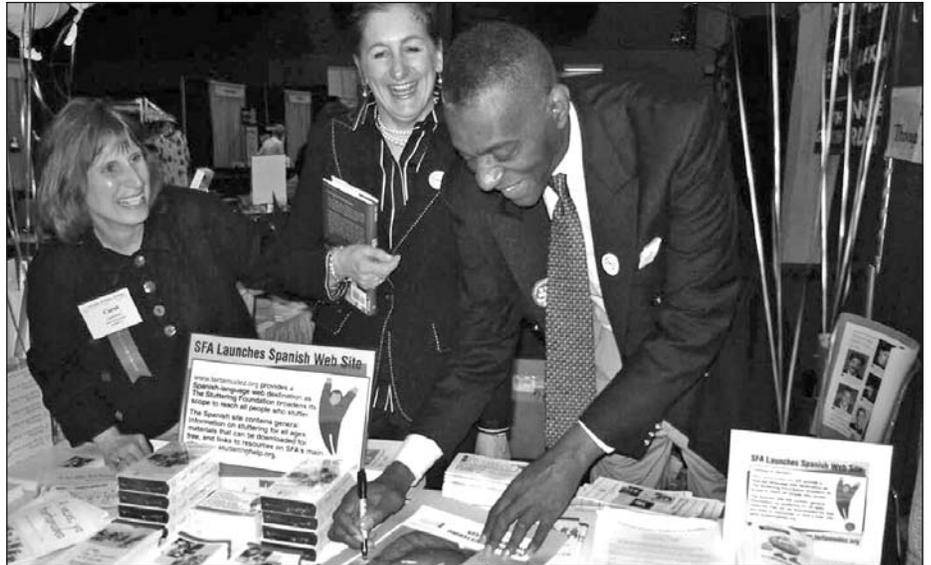
Empire State

Opening night at the New York State Speech-Language-Hearing Association convention got off to a great start, according to Bill Shannon, who did a fantastic job of organizing the posters, banners and other materials.

In addition to Shannon, Tom and Lee Caggiano, Jeff Shames, Heather Grossman, Steffi Schopick, Joy Kling, Steven Bender, Joanna Moskeland and graduate students from Hofstra University all played a huge part in this year's success.

"SFA was the first booth every SLP saw as they walked into the hall," Lee Caggiano said.

Shannon added, "The booth and this year's NYSSLHA convention went very well. We had quite a few helpful volunteers."



Garden State

As we go to press, Carol Ecke heads from her home in Great Falls, Mont., to the East Coast to join featured speakers Kathleen Scaler-Scott of Flemington, N.J., and Vivian Sisskin of the Washington, D.C. area. The convention is in Atlantic City, which always draws a large crowd. □

▲ Carol Ecke (left) and Susan Hamilton watch as Bob Love, legendary star of the Chicago Bulls, autographs posters at the SFA booth during the 49th Annual TSHA convention in Austin, Texas. Copies of his signed poster are available for \$5 as a special fund-raiser for National Stuttering Awareness Week. Call 1-800-992-9392 to order.



▲ Sales are hot for Tom and Kristin Chmela at the ISHA convention.



▲ Kristin Chmela (from left), Patricia Zebrowski, and Linda Louko stand ready to help customers at the ISHA conference.



▲ NYSSLHA volunteers were led by Lee Caggiano (second from left).

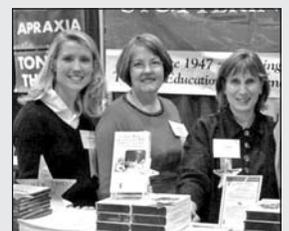


◀ Courtney Byrd answers questions during the TSHA conference in Austin.



▲ Jennifer Watson (left) and Courtney Byrd in the SFA booth in Austin, Texas.

▶ Courtney Byrd (from left), Kathy Swiney, and Carol Ecke in Austin.





Dear SFA: Reader Response

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

Fan mail for Swish

Dear SFA:

Brief note to let you know that “my kids” and parents are in love with Swish. It has proven to be a relaxing, non-threatening door-opener for classroom discussion.

This winner should be in the hands of every SLP. Please keep up the great work.

Sal Pace

Lexington, Massachusetts

P.S. One of my third-graders wished he had Swish stickers to pass out to his classmates. May I suggest that you keep the power of stickers in mind for your next animated followup.

Editor: Based on this recommendation, The Stuttering Foundation is exploring the idea of producing Swish stickers. Stay tuned!

Students enjoy newsletter

Dear Sir or Madam:

My name is Joshuah. I go to school at Dennis Elementary. I am 7 years old. I go to speech therapy to work on my fluency. I am interested in your newsletter.

Joshuah

Oklahoma

Dear Sir or Madam:

My name is Tom. I am 9 years old. I go to speech therapy. I am in 3rd grade. I have been learning about all of the types of disfluencies. I would be interested in receiving your newsletter. Thank you.

Tom

Denver, Colorado

Please send help

To Whomever This May Concern:

My name is Jeremy. I'm a 15-year-old and I have been stuttering ever since I can remember.

I had therapy once in the 7th grade at school for about 4 months. Recently, it seems like it has gotten worse. Now that I'm in the 10th grade, my speech impediment has stopped me from doing many activities that involve talking (like giving feedback in groups and things of that nature).

I have a fear of talking because I don't know when I will get stuck on a word and say it over and over again. And everybody

laughs at me. I feel ashamed, scared, and disrespected at times like this. I don't know if I should faint, flee, laugh or what.

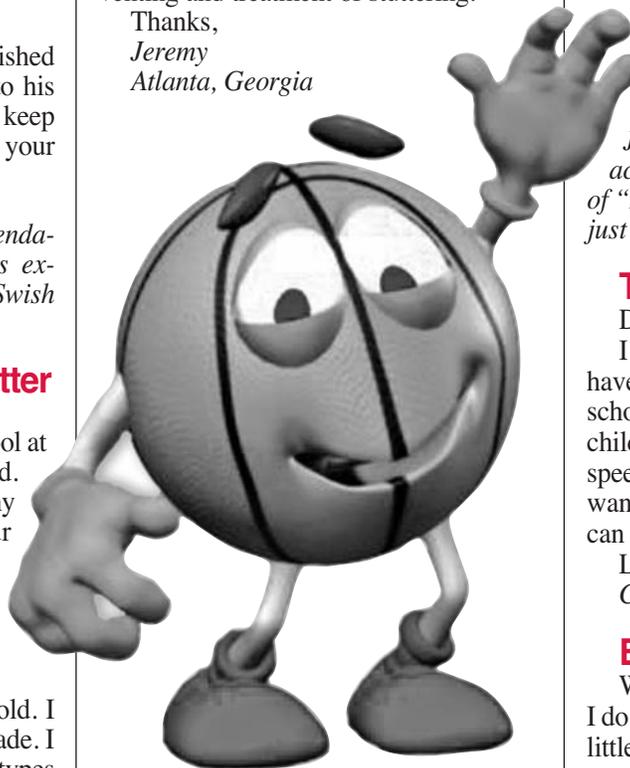
But when I read your article in *Seventeen* magazine, I knew I finally found the right help. Please help me in all the ways possible with my speech impediment.

If it's not a problem, could you send me some informative brochures on preventing and treatment of stuttering.

Thanks,

Jeremy

Atlanta, Georgia



Swish has become a celebrity since his debut in *Stuttering: For Kids, By Kids*. Now, at the suggestion of a third-grader, The Stuttering Foundation is exploring the idea of producing Swish stickers.

Is acting a good idea?

Hi:

I am 17 years old and I have been stuttering since I was in first grade.

It was really a struggle as I was growing up; I felt isolated from people because I knew there was something wrong with me.

I have seen many speech therapists throughout my life so far, and it has helped.

I am in choir, so the singing does help my communication skills usually, but other times it is a real struggle to talk to other people.

I wanted to know if getting into the

acting business would be wise to do?

Due to the fact that I stutter, I am afraid that will be a wall for me to try to get into the acting business. Is there any information that you can give me?

Patricia

E-mail

Editor: There are people in every profession who stutter, including many actors, singers, sports stars and political leaders. Nicholas Brendon from the popular TV series “Buffy the Vampire Slayer,” John Stossel from “20/20” and actor James Earl Jones — the voice of “Darth Vader” in “Star Wars” — are just a few.

Teacher seeks advice

Dear SFA:

I am a kindergarten teacher. I will have a student in my classroom next school year who stutters (severe). The child is going to be evaluated by our speech pathologist in May. However, I want to be knowledgeable about what I can do for him in the classroom.

Lisa

Chicago, Illinois

Bunny's story

When I slow down, it does not work. I do not like it when I stutter. When I was little I really did not like to stutter, but now I do not care. Now, I have a speech teacher and she helps me when I stutter. I do not stutter a lot any more, but when I do, I do not care.

These are some things that help me not to stutter:

1. I can whisper.
2. Stretch out my words.
3. Take a 5-second break.
4. Find a different way to say it.

Bunny

New Jersey

11-year-old speaks up

Dear Stuttering Foundation,

My name is Taylor. I am 11 years old. I am fine with stuttering. When people talk about me, I just laugh. I know that everyone has something.

Taylor

New York City

Contestant Spreads the Word on Stuttering

Eva Woolwine of Ashland, Kan., is a busy 18 year old on a mission. She is the reigning Miss Garden City, and is on her way to the Miss Kansas pageant (June 5-12), which is a preliminary for Miss America.

Her platform? Stuttering awareness and education.

"I have stuttered since early childhood and am passionate about clearing up misconceptions regarding stuttering and the people who stutter," Eva explained. "I know first hand that people who stutter are just as intelligent and well adjusted as non-stutterers."

National Stuttering Awareness Week is May 9-15 this year and Eva wants people to know about the many resources and services provided by The Stuttering Foundation.

She intends to help spread the word by making presentations to classrooms at various schools.

Eva feels that if she can reach as



Miss Kansas contestant Eva Woolwine is educating the public about the resources available for those who stutter.

many kids as possible with her story, combined with a viewing of *Stuttering: For Kids by Kids*, she can make a difference.

Eva is a senior at 21st Century Learning Academy Virtual School. She is looking forward to attending college in the fall and majoring in Early Childhood Development. As a practicing magician, she enjoys performing for audiences of all ages as well as for the talent portion of pageants.

In the summer of 2000, Eva attended an intensive therapy program in Roanoke, Va.

"I sometimes wear a SpeechEasy," Eva said. "That, combined with therapy, has helped me tremendously."

She will be the first to tell you her speech is not perfect and that she must work at it daily.

"The message I want to send is there is help and much hope for those of us who stutter," Eva explained. □

Incidence & Prevalence

Continued from page 3

Therefore, it is equally important to understand that the prevalence varies greatly according to age groups. A recent individual screening study we conducted with more than 3,000 preschool children revealed a 2.43% stuttering prevalence with no racial or ethnic differences (Proctor et al., 2002; Yairi & Ambrose, 2005).

If the findings are valid, they mean that at any point in time up to almost 2.5% percent of children under age 5 stutter. In other words, at any time, in spite of a high level of natural recovery, a substantial number of preschoolers and their parents may be needing professional evaluation, counseling, and, sometimes, also therapy.

An important conclusion is that more resources should be directed to research concerning this sub-population. Another lesson is that better preparation of speech-language clinicians for dealing with this substantial group of speech handicapped children should receive a higher priority.

To this end, all interested parties:

scientists, clinicians, consumers of services, and private organizations, such as The Stuttering Foundation, should strive to alter the perception that stuttering is a "small" problem. Using various public and private resources, this message should be taken to Congress, NIDCD, ASHA, and educational programs in speech-language pathology. □

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Proctor A., Duff, M., and Yairi, E. (2002). Early childhood stuttering: African Americans and European Americans. *ASHA Leader*, Vol. 4, # 15, 102.

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No Small Task

Continued from page 1

you can see this tremor as a trembling of the lips when the individual is trying to speak.

Another important way to start to address the question we posed above is to look at young children when they are just starting to stutter. We now have a large project under way to do just that.

We will be studying speech coordination processes in groups of 4- to 5- year old children who are developing typically and children who are stuttering. We hope to follow them over a five-year period (at present we only have three years of funding for the project!) to see if early speech motor control characteristics during fluent and stuttered speech predict who will and will not develop a chronic stuttering problem. We look forward to keeping you informed about our progress! □

▶ The Stuttering Foundation two-day conference for speech-language pathologists working with school-age children who stutter, *Practical Ideas for the School Clinician*, will be held in June, 2005. For dates, place, and an application form, call the Stuttering Foundation at 1-800-992-9392 or check www.stutteringhelp.org.

▶ The Stuttering Foundation Eastern Workshop, *Treating Children and Adolescents Who Stutter: Practical Strategies*, directed by Susan Dietrich, Ph.D., Sheryl Gottwald, Ph.D., Edward G. Conture, Ph.D. in collaboration with Diane Parris, M.A., will be held at Boston University, June 22-26, 2005.

▶ The Stuttering Foundation two-week *Workshop for Specialists* will be held at the University of Iowa, Iowa City, Iowa, in June 20-July 2, 2005, directed by Patricia Zebrowski, Ph.D. and Toni Cilek, M.A. Guest speakers are Peter Ramig, Ph.D. and Edward G. Conture, Ph.D. This unique workshop brings together speech-language pathologists from all over the world.

▶ 8th Annual Convention of *Friends Who Stutter* will be held in Cleveland, OH, July 28-30, 2005. Visit www.friendswhostutter.org or e-mail LCaggiano@aol.com.

▶ Annual NSA Convention will be held in Chicago July 13-17, 2005. For more information, visit www.westutter.org.

▶ Annual CAPS Convention will be held in Edmonton, Alberta, Canada August 18-21, 2005. Visit www.stutter.ca/CAPS2005.

▶ For those wanting to purchase a poster entitled *The Bill of Rights and Responsibilities of PWS*, contact Michael Sugarman at MSugarman1@aol.com. It represents the combined effort of the IFA and ISA.

▶ LISTSERV is for doctoral students specializing in stuttering. The intent of this list is to serve as an open forum for doctoral students. Membership is limited to doctoral students only. To subscribe, send the following message to "listserv@listserv.temple.edu: subscribe stutterdoc firstname lastname" or contact Joe Donaher at turtlecrew@aol.com.

▶ For those interested in joining Toastmasters International as a way to improve fluency, communication or public speaking skills, their address is: Toastmasters International, Inc., Attention: Membership Department, P.O. Box 9052, Mission Viejo, CA 92690, Telephone: (714) 858-8255; Fax: (714) 858-1207.

▶ For those wanting to obtain a copy of *Self-Therapy for the Stutterer* in Japanese, write to Dr. Shokichi Nakajima, 2-21-1 Ogawa Machida-shi, Tokyo 194, Japan, telephone/fax: 0427 (96) 5092.

▶ *Self-Therapy for the Stutterer* is available in French. Write to the Association des

Begues du Canada, 2596 A rue Chapleau, Montreal, Quebec, Canada, H2K 3H6; 1-877-353-1042. Please enclose \$20.00 Canadian to cover printing, postage, and handling costs.

▶ For those wanting to obtain a copy of *Stuttering and Your Child: Questions and Answers in Hindi*, write to: Dr. Sajiv Adlakha, Adlakha Speech and Hearing Clinic, A67 Dayanand Colony, Lajpat Nagar - 4, New Delhi-110024, India, or e-mail: adlakhas@hotmail.com Those interested in joining a fluency and public speaking skills group should also contact Dr. Adlakha at the above address.

Book on Stuttering or Related Topics Available from Bookstores:

▶ *Early Childhood Stuttering: For Clinicians by Clinicians* by Ehud Yairi and Noline Ambrose. 2004. Available from ProEd, Austin, TX.

▶ *The Child and Adolescent Stuttering Treatment and Activity Resource Guide* by Peter Ramig and Darrell Dodge. 2005. Available from Thomson Delmar Learning, Clifton Park, NY.

▶ *Troy's Amazing Universe*, by S. Kennedy Tosten. 2002. Published by Brite Press. Order from www.TroysAmazingUniverse.com or amazon.com. A story about a seven year old who stutters.

▶ *Experiencias para compatir entre padres e hijos* by Karina Couselo Rios, Maria Marta Gebara and Mariela Ginhson. Order from equipfono_gcg@yahoo.com.

▶ *Stuttering Therapy: Rationale and Procedures* by Hugo H. Gregory, June H. Campbell, Diane G. Hill, and Carolyn B. Gregory. Available from Allyn and Bacon, Boston, MA; www.ablongman.com. 2003.

▶ *Les begaiements: Histoire, psychologie, evaluation, varietes, traitements* by Anne Van Hout and Francoise Estienne. Published by Masson, S.A., 120 boulevard Saint Germain, 75280 Paris Cedex 06, France.

▶ *Forty Years After Therapy: One Man's Story* by George Helliesen, M.A. Available from Apollo Press, Inc., 1-800-683-9713 or www.apollopress.com.

▶ *Understanding Stuttering* by Nathan Lavid. 2003. University Press of Mississippi, Jackson, MS. Order from bookstores or amazon.com.

▶ *Programmed Stuttering Therapy for Children and Adults* by Bruce Ryan, Ph.D. Available through publisher Charles C. Thomas or online at www.amazon.com

▶ *Making a Difference for America's Children: SLPs in the Public Schools* by Barbara Moore-Brown and Judy Montgomery. Available from Thinking Publications, Eau Claire, WI. 715-832-2488.

▶ *Ben Has Something To Say* by Laurie Lears, illustrations by Karen Ritz. A book for children ages 5-9. Albert Whitman & Co., Morton Grove, IL. 800-255-7675.

▶ *Sharing the Journey: Lessons from my Students and Clients with Tangled Tongues* by Lon Emerick, Ph.D., available from North Country Publishing, 355 Heidtman Road, Skandia, MI 49885, for \$13.95 plus \$2. postage and handling, call toll-free 1-866-942-7898; or from the Stuttering Foundation at 800-992-9392.

▶ *Living With Stuttering* by Kenneth St. Louis, Ph.D. Available from Populore Publishing Company, P.O. Box 4382, Morgantown, WV 26504, 304-599-3830.

▶ *Jason's Secret* by Ellen Marie Silverman, Ph.D. Published by 1st Books Library. www.1stbooks.com.

▶ *Stuttering: Its Nature, Diagnosis, and Treatment* by Edward G. Conture, Ph.D., published by Allyn & Bacon, Needham Heights, MA. (781) 433-8410.

▶ *Stuttering: An Integrated Approach to Its Nature and Treatment* by Barry Guitar, Ph.D., published by Lippincott, Williams, and Wilkins, Baltimore, MD. (800) 638-3030.

▶ *Successful Stuttering Management Program*, Second Edition, by Dorvan Breitenfeldt, Ph.D., published by EWU Press, Cheney, WA. (509) 235-6453.

▶ *Synergistic Stuttering Therapy: A Holistic Approach* by Sister Charleen Bloom and Donna K. Cooperman. Published by Butterworth Heineman, Woburn, MA.

▶ *Stuttering Intervention: A Collaborative Journey to Fluency Freedom* by David Allen Shapiro, published by Pro-Ed, Austin, Texas.

▶ *Tongue Wars* by William H. Perkins, Ph.D., Athens Press, Los Angeles, CA, 800-551-2959.

▶ *The Bob Love Story: If It's Gonna Be, It's Up to Me* by Bob Love with Mel Watkins, available through bookstores or call NTC Contemporary Publishing Group, 1-800-323-4900.

▶ *Paroles de parents* by Anne-Marie Simon, L'Ortho-Edition, 76, rue Jean Jaures, 62330 Isbergues, France.

▶ *Clinical Decision Making in Fluency Disorders* by Walter H. Manning, Ph.D., published by Singular/Thomson Learning.

▶ *Nature and Treatment of Stuttering: New Directions* by Richard F. Curlee, Ph.D. and Gerald M. Siegel, Ph.D., published by Allyn and Bacon, Needham Heights, MA.

▶ *The Classroom Teacher's Inclusion Handbook* by Jerome C. Yanoff, Arthur Coyle Press, Chicago.

▶ *Straight Talk on Stuttering, Information, Encouragement, and Counsel for Stutterers, Caregivers, and Speech-Language Clinicians, 2nd edition* by Lloyd M. Hulit, Ph.D. The publisher is Charles C. Thomas, Springfield, Illinois.

▶ *Le begaiement, option guerison* by Francois Le Huche, M.D., Albin Michel, Paris, France, 1998. Order from Albin Michel, 22, rue Huyghens, 75014 Paris.

▶ *Stuttering: A Life Bound Up in Words* by Marty Jezer. Published by Basic Books, 1997.

▶ *You Will Dream New Dreams: Inspiring Personal Stories* by Parents of Children With Disabilities by Stanley D. Klein, Ph.D., Published by Kensington Books, New York, New York. 1-800-221-2647.

▶ *Stuttering and Science* by William H. Perkins, Ph.D. and published by Singular Publishing Group, Inc., in San Diego, California.

▶ *Elements of Stuttering* by Courtney Stromsta, Ph.D. Available from Stuttering Foundation, 800-992-9392.

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