



## RESEARCH CORNER

### Future Research and Clinical Directions in Stuttering: Global Considerations

By Ehud Yairi, Ph.D.  
University of Illinois  
and Tel Aviv University

Speculation on the future is a risky venture, but the accompanied excitement renders it a worthwhile one. Indeed, the outlook for stuttering research and treatment is an excitement generator. My thoughts about some future developments begin with several “facts on the ground” that will impact such a future.

#### Epidemiology

At present, 7.2 billion people inhabit our planet. Applying the conventional 5% lifetime incidence and 1% prevalence for stuttering, 360 million people world-wide have experienced stuttering in their lifetime, including 72 million exhibiting active stuttering. By 2040, the world’s population will exceed **9 billion**, with 450 million people who stuttered in their lifetime and **90 million** who actively stutter. Figures could be much larger if recent incidence reports of 8-11%<sup>1,2</sup> are confirmed. At the same time, as seen below, professional help is limited even in advanced countries while nearly unavailable in poor ones.



Ehud Yairi, Ph.D.

The huge population with increasing economic power and growing demands, yet facing a scarcity of clinical services (most clinicians are not experts in stuttering), can be predicted to impact research toward

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### Don't Leave Home Without It

#### Be Sure to Pack Your ID Card

Have you ever been stopped for speeding or had trouble when questioned coming through airport security? If you have, whether you stutter or not, you know how tough these two situations can be.

In February, the Stuttering Foundation announced the creation of a free ID card available to all those who stutter, designed to help them in stressful “what’s your name?” situations.

“Not only have we been told by many people who stutter that the ID card is a helpful tool

but we have also learned from TSA officials and police staff

that they appreciate knowing that the hesitations and repetitions they hear are not a sign of suspicion,” noted Foundation President Jane Fraser. “When seeing the card, TSA agents quickly understand why some travelers may have trouble giving their

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Print your own card, page 15

### Differences in the Brains of People Who Stutter

*What are they? How do we know they exist?*

By Kate Watkins, Ph.D.  
St. Anne’s College,  
University of Oxford

My research group at the University of Oxford in the UK is interested in understanding the role of the brain in fluency disorders. In particular, we are interested in whether brain differences exist in association with stuttering and whether such differences

might cause people to stutter. Our research benefits enormously from the availability of MRI scanners, which allow us to obtain exquisite pictures of the brain’s anatomy and its function

in only a few minutes. The machines that we use are safe to scan even new-born babies – although



Kate Watkins, Ph.D.

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National Stuttering Awareness Week is May 9-15



# Speech Foundation of America Newsletter

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## 1991 Workshop for Specialists

Methods and specific techniques to enhance active clinicians' treatment skills will be the main focus at a workshop sponsored by Northwestern University and The Speech Foundation of America on July 8-19, 1991.


Organizers of the fifth annual *Stuttering Therapy: Workshop for Specialists* will provide a situation in which active clinicians can enrich their knowledge about stuttering and enhance their treatment skills. Principles that provide a rationale for the decision making process will also be carefully considered.

This program fills a need for specialized training to work with adults and children who stutter. There are now over 80 graduates

of this program who make up the beginnings of a nationwide network of specialists. Many of the graduates have gone on to create specialized workshops and seminars in their own states, drawing from what they learned.

Activities during the 12-day workshop will include lectures, discussions, guided observations of clinical evaluation and treatment, videotaped illustrations, broad consideration of available techniques, direct instruction and the practice of procedures, and the sharing of experience.

Admission is limited to those who have demonstrated an active interest in stuttering and the deadline for application is May 15.



**National Stuttering Awareness Week  
May 6-12**

**Stuttering didn't stop Winston Churchill.**

Winston Churchill's radio broadcasts were vital in increasing British morale in the darkest moments of World War II. But Churchill also had to surmount a personal challenge: he stuttered.

He was able to master his stutter and develop excellent skills in oration. Unfortunately, other people who stutter often suffer in silence.

Stuttering didn't stop Winston Churchill, and it need not stop you. Many people who stutter now can be helped, and prevention of stuttering in children is a realistic goal.

For a free catalog as well as information brochures that can help, write or call:

**SPEECH FOUNDATION OF AMERICA**  
1425 1/2 W. UNIVERSITY BLVD.  
MEMPHIS, TN 38111-0749

SFA launches new poster featuring Winston Churchill to support National Stuttering Awareness Week. Order yours for only \$5 from the Speech Foundation of America, P.O. Box 11749, Memphis, TN. 38111-0749.

## Fraser and Williams on NBC

Speech Foundation President Jane Fraser and Vice-President for Professional Affairs Dean Williams, Ph.D., were interviewed by Deborah Norville on NBC's Today Show on May 8, 1990.

The five-minute segment, estimated to have reached 6 million viewers, was organized for National Stuttering Awareness Week. The interview generated over 6,000 letters to the Speech Foundation. •

## Newsbriefs

- All public libraries in the United States have received a copy of the latest edition of Malcolm Fraser's *Self-Therapy for the Stutterer* thanks to a \$10,000 contribution from the Genuine Parts Company.

- The Annenberg Foundation contributed a three-year grant to the Speech Foundation in the amount of \$25,000. In a letter to Speech Foundation Director Malcolm Fraser, Mr. Walter Annenberg said, "There certainly could be no doubt in the minds of thinking citizens that the Speech Foundation of America is an

affirmative effort to help the sufferers of this tragic problem." The first installment of this grant will be received this month.

- The Speech Foundation has received the equivalent of \$483,320 in free public service advertisements (PSA's) in 1990. Some of the publications who have placed PSA's for us last year include *Time*, *U.S. News & World Report*, *Newsweek*, *Money*, *Entertainment Weekly*, *People*, *Family Circle*, *Good Housekeeping*, and *USAir Magazine*.

## A BLAST FROM THE PAST

Board member Jean Gruss used PageMaker to create the Foundation's first newsletter in 1991. You can see this and all of our newsletters at [www.StutteringHelp.org/newsletters](http://www.StutteringHelp.org/newsletters).



Stuttering Foundation materials touted during sizzling conference in Barcelona, Spain.



The Stuttering Foundation joined with four other nonprofit organizations in January for the Austin, Texas, StAR 5K race. It was an amazing opportunity to promote stuttering awareness, thanks to the Lang Stuttering Institute in Austin.



# What's the big deal?

**Stuttering affects only 1% of the world population.**  
(that's 70 million people)

Every day, 70 million people around the world have difficulty ordering a meal, talking on the telephone, or just saying their name. Maybe you're one of them.

Since 1947, the Stuttering Foundation has sought to help those who stutter.

We know how difficult the daily life of a person who stutters can be. We also know that there are proven, effective ways to help. Let us help you.

800-992-9392  
www.StutteringHelp.org



This is one of our popular new Public Service Ads that was sent to newspapers and magazines around the country just in time for National Stuttering Awareness Week in May. Recall that our first PSA appeared in 1972 in *Time* magazine, some 44 years ago. Each year we reach millions of people worldwide through space donated by publications. The 2016 response has been tremendous!

## Annual Audit

### The Foundation's Financial Reports for 2015

The annual audit of the Stuttering Foundation financial reports for 2015 will not be completed as of press time. It is being performed by the accounting firm of Cannon and Company, Certified Public Accountants, Memphis, TN. Following is an unaudited recap of funds and expenditures for the year.

The 4.4% of expenditures for administration and general expenses and

1% for fundraising 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.

The Foundation is a 501(c)(3) operating foundation which expends its funds on its own programs and operations and does not make grants to other institutions.

Funds expended for:

Creation, production, printing and distribution of educational materials	\$644,662.....30.9%
Public information and education	768,079.....36.8%
Research, treatment programs, and symposia	449,984.....21.6%
Maintain Web site and toll-free information hotline	109,792.....5.3%
<b>Total for Program Services:</b>	<b>\$1,972,516...94.6%</b>
Other expenditures:	
Administration and general	89,646.....4.4%
Fund-raising expense	22,409.....1.0%
<b>Total Expenditures:</b>	<b>\$.2,084,570....100%</b>



# Stuttering & Public Speaking

By Greg Wilson

Meet John Moore – longtime corporate marketing executive at famous brand names like Whole Foods and Starbucks. Nobody is more competitive than John. He is driven to be the best. Nothing will stand in his way... not even his stuttering. John calls himself The Stuttering Presenter.

While most people, whether they stutter or not, cringe at the idea of speaking in public, John embraces it. He has given more than 250 presentations around the world, including Johannesburg, Cape Town, Barcelona, Amsterdam, Copenhagen, Banff, Quebec City, and Moscow. He's also spoken throughout the U.S., including Chicago, New York City, Los Angeles, San Diego, Denver, Seattle, Dallas, Houston, Austin, Atlanta, Miami, and Philadelphia.

"At age two and a half, my parents knew that something wasn't right with the way I spoke," said John. "I had issues with consonants, so starting in kindergarten I was taken out of class for speech therapy. It was great to get help, but there was also the stigma of being different." John also had a twin sister who didn't stutter. "She was always positioned as smarter. She was placed

in higher level classes, while I was put in lower levels."

"One time, in high school, when I was taking a class my sister was in the year prior, since she was always a level ahead, I was given a C+ on the same exact paper that earned her an A+. That proved to me that the stigma was real." But John never gave up.

By age 24, John had graduated from Baylor University with a degree in Radio, TV, and Film. He had no job prospects. His parents were worried. He decided he wanted to face his "stuttering monster" once and for all. He didn't want the stuttering monster to manage him; he wanted to manage it. He found a way to be more fluent, but it took five times the work to accomplish his goals. He decided instead to accept his stuttering and to work hard in his profession; harder than anyone else.

"For too many years, stuttering stifled my voice and stunted my growth. It wasn't until I reached a very low point in my life that I decided stuttering wasn't going to manage me.

Instead, I was going to manage my stuttering. Meaning, I wasn't going to allow the shame and guilt of stuttering to silence my voice. I was



going to use every tool I had learned to minimize my disfluency and actively seek opportunities to speak, even if I stuttered. It was simple. For me to stop stuttering, I had to start talking,” said John.

He started a marketing job with Starbucks and moved on to Whole Foods. He voraciously read business books and was inspired to start consulting. He knew the key was to convey passion, despite his delivery. He wrote his own books on marketing, called “The Passion Conversation,” and started presenting and speaking in public.

“I adopted the approach that I’d ‘fake it till I make it,’” said John. “I pretended I had been doing it forever, and no one was any the wiser.”

When speaking in public, John says there are two things he does at the beginning of every presentation. “I tell the audience two things about myself. First is my mantra: I take my job seriously, and myself lightly. And second, I tell the audience that I stutter, and it will happen during this speech. It is very disarming, and helps me form a bond with them immediately. It also puts me at ease, so I don’t have to worry about disfluency.

“It’s important to know that despite all my appearances, I still get nervous. I need to get nervous to give a good performance. If I’m not nervous, I’m not trying hard enough,” said John.

At the end of some of his speeches, people come up to John and share their experiences with stuttering. “Once, a parent told me ‘Thank you, my child stutters.’ It made me tear up and I gave her a hug. I told her it may take 20, 30 years or longer for her child to find his passion and how to express himself fully, but she needed to give him that time and encouragement along the way.”

*You can reach John at [John@brandautopsy.com](mailto:John@brandautopsy.com)*

**“For too many years, stuttering stifled my voice and stunted my growth. It wasn’t until I reached a very low point in my life that I decided stuttering wasn’t going to manage me. Instead, I was going to manage my stuttering.”**

*-John Moore*



## John’s Advice for Public Speaking

“A few years ago I gave some advice for how I, as a stutterer, approach giving presentations. This advice can help people who stutter and people who are reluctant to give speeches,” said John.

**1 Advertise your stutter.** Those who stutter know that stuttering happens as a result of trying not to stutter. We focus so much of our mental and physical energy to not stutter that it only heightens our anxiety when speaking. And that results in stuttering. I’ve found it very helpful to mention my stutter at the start of every presentation I give. Not only does it disarm the audience, it also allows me, the stutterer, the freedom to stutter without shame.

**2 You are in control.** Out in the wild of impromptu conversations, there are many unexpected pitfalls that can prompt stuttering. Delivering a presentation on-stage is most times a planned conversation. You, the stutterer, are in complete control. You have the microphone. You have the floor. Being in control of the speaking situation can free us stutterers from the fear of the unknown. The unknown can cause us stutterers to not feel comfortable and thus, stutter more often.

**3 The audience wants you to succeed.** Stutterers need to remember when giving a presentation on-stage, the audience isn’t there to heckle you or laugh at you. The audience wants you to succeed. The graciousness of the audience is something too many presenters forget exists.

**4 The audience will pay more attention to you.** The audience recognizes the importance of your presentation. A stutterer must have something important to say; otherwise, they wouldn’t be on stage risking so much. The audience understands this and I’ve found people pay more attention to my message solely because I stutter.

**5 It’s less what you say and more how you say it.** Too many times stutterers focus on sticking word for word to the presentation script they’ve written. That’s a recipe for failure. If you, the stutterer, get off track from the script, it can prompt even more stuttering because you scramble to get back on script. That scrambling can increase anxiety, resulting in more stuttering. Instead, I’ve found success by focusing more on commanding a confident stage presence and less on the words I use. When I keep eye contact with the audience, display good posture, make purposeful hand movements, etc., I experience greater fluency on stage.

## Research *Continued from front page*

yielding treatments with both maximal and easy reach.

Two additional facts should be considered. First, because of early stuttering onset, preschool-aged children who stutter (CWS) constitute a significant proportion of the stuttering population. Second, although most of them will experience natural recovery, some will persist. Therefore, future developments can be predicted to (a) increasingly focus on all aspects of preschool CWS, and (b) discover early reliable means for recognizing risks for persistency. Note that 5% incidence-1% prevalence yield natural recovery in 4 out of 5 cases, or 80%. If, however, 8% incidence is confirmed, and prevalence is only 0.7%<sup>3</sup>, natural recovery could reach 91% (10 out of 11 cases), a figure recently supported by a large UK study<sup>5</sup>. Early identification of the 10-20% of the at-risk CWS will save much money and other resources.

## Research Genetics

Modest progress achieved during the past two decades is exciting as we and other scientists have been able to identify areas on several chromosomes where genes contributing to stuttering might be located<sup>4</sup>. Furthermore, a few specific candidate genes have been reported by Dr. Dennis Drayna's NIH team<sup>5</sup>. Stuttering now appears to involve more than just a few genes.

Future research is likely to proceed in several directions. Professor Nancy Cox, now at Vanderbilt University, has opined that the rapidly declining price-tag of genetic sequencing will allow investigators to study not only common DNA variants but also rare ones that may be unique to a single family or even a single person<sup>6</sup>.

Biobanks will also have a major impact as medical research has been increasingly conducted through them. They present a huge advantage of allowing studies to include a wide variety of disorders. With biobanks of 100,000 already genotyped patients, it is possible to conduct association studies on many medical phenotypes

at a fraction of the cost as well as time required for conventional designs<sup>7</sup>. To speed up progress in the genetics of stuttering, speech-language clinicians must educate physicians about the importance of using the medical billing codes for speech and language disorders they recognize in patients. This will effectively provide "free" genetic data on the disorder (e.g., stuttering) and its co-morbidities. Genetic studies can be conducted successfully in data where diagnoses have been made from a combination of billing codes, physicians' notes, pharmacy records, medical test results, etc. Because many people in biobanks have been genotyped, the data are awaiting for investigators to use them.

A major future achievement will be the uncovering of genetic elements

Country	Population	Clinicians	per 1 million
USA	330 mil.	145,000	439
Japan	127 mil.	24,000	190
Brazil	207 mil.	35,157	170
Italy	60 mil.	3,000	50
Taiwan	23 mil.	950	41
S. Korea	60 mil.	2,200	36
India	1,270 mil.	2,000	1.6

**Speech Clinicians per Country**

that distinguish persistent from recovered stuttering. This endeavor began with Professor Nicoline Ambrose, University of Illinois, reporting persistency-recovery differences based on statistical genetics<sup>8</sup>, and later by our team with Nancy Cox at the University of Chicago, employing advanced genotyping<sup>9</sup>.

Hopefully, the few active investigators of the genetics of stuttering, most notable Dr. Dennis Drayna, will also attend to this issue so critical to managing early childhood stuttering. Findings will be a major component in a clinical tool for early prediction of children in greatest need of clinical intervention.

## Brain

During the past 20 years, research of brain structure and function in people who stutter (PWS) has made substantial gains. According to Professor Kate Watkins of Oxford University, findings of different studies tend to converge in regard to locations of brain differences, especially for white matter (WM); similarly so in regard

to brain activities<sup>10</sup>. She suggests that the future will see bigger studies where data can be combined across groups to study more subtle relationships among possible stuttering-related variables.

Future brain research will also increasingly target young children, with a major objective being early differentiation between the persistent and the naturally recovered subgroups. A pioneer study with 9-year-olds conducted at our Illinois program reported differences in gray and white matter between the two groups<sup>11</sup>. Professor Soo-Eun Chang, now at the University of Michigan, has continued to lead the pursuit of this objective. Her current longitudinal study includes more than 100 preschoolers who undergo annual multimodal brain imaging for structure and function, as well as tests for behavioral variables<sup>12</sup>.

Consequently, within a decade or so, we will be informed of structural and physiological changes that occur in the brain along the course of stuttering.

For example, what is happening when children recover gradually or within weeks? At what point do abnormalities emerge (resulting in stuttering onset?) and when/how do they change across childhood?

**Read the rest of this article at [www.StutteringHelp.org/future-research](http://www.StutteringHelp.org/future-research)**

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Here are some recent comments from our friends:

**Have you downloaded your ID card?**

**Daniel:** I'm a police officer and I stutter so I can understand the reasoning and logic behind it. Police officers are trained to recognize the signs for certain things like being deaf, mute or sighting impaired but there really isn't one for stuttering. I can recognize someone who stutters so that isn't an issue but there really isn't anything that makes one know if a person is stuttering or attempting to be difficult with an officer. Dealing with a police officer can be a stressful situation for someone who normally doesn't interact with them and that could aggravate it so it may be good for some people in a situation like that.

**Sherri:** Love this idea - printing off now and will be laminating this.

**Post on Bruce Willis**

**Tom:** I used to stutter very bad, especially at school. The kids laughed at me. Although I knew every word, I couldn't get them out. My classmates thought that I had a mental problem. The frustration of not being able to speak fluently was seemingly unbearable. How brave I was to go to school every day.

**Brandon:** Hearing stories of famous people who overcame their stutter gives me hope.

**Kiran Cherukuri's guest post on the website, "Slaying the Beast."**

**Scott:** Your story, Kiran, is similar to mine, but you were fortunate indeed to have so many friends that supported you. I ran for class president in junior high. I think it was eighth grade. I had been ridiculed and teased mercilessly for years by some fellow students and I don't remember one single student ever talking to me about my stuttering, never mind supporting me with regards to that. Nevertheless, like you, I decided enough was enough. I wrote a speech and did little more than read it during the assembly with shaking knees, and as I recall, never once looking at the audience. I had a speech block at the very beginning then somehow got the rest of it out in one long fluent stream! I was elated even though in the end I got only two votes, one of which was mine. You see, I was a

nerd, didn't play sports, and my stuttering was the cherry on the top of all that. It was a short-lived triumph, as the bullying continued until I graduated, but it was a triumph nonetheless! It would be many, many years before I was able to make peace with my stuttering. I commend you for your triumph, Kiran!

**Tiger Woods said he would talk to his dog to help with stuttering**

**Ben:** I used to do this with both of my dogs on walks when I was a child. Both of them passed away when I was in high school, but they helped me so much.

**Maria:** It does work because the pets don't judge you. It helps a lot with your self-esteem.

**Lucy:** My 8-year-old daughter can sit with her 3 cats and talk for hours.

**Emily Blunt quote: "It's nothing to be ashamed of to have a stutter."**

**Maria:** When I was younger I used to care but now I don't care what people say. I do my best, that's the best I can do.

**Cindy:** So many times I often think "wish I had heard this when I was younger." But so true.

**"People who stutter have the unique opportunity to teach the world to listen."**

**Bradford:** Yeah I've thought this before. Also it gives us an opportunity to remind this busy chaotic world to slow down and have patience.

**Mike:** That's for sure.

Also, in my case, I greatly increased my vocabulary; out of necessity but mostly out of curiosity. I had years of reading my dictionary when I had free time. So, I can say without a doubt, my stuttering made me a better man.

**Cherish:** My neighborhood butcher stutters. Taking the time to listen to him has turned into some of the best dinners I've ever had! He knows all the best ways to cook the meat he butchers. He's an amazing guy who never lets his speech impediment keep him from speaking up.

**Tamar:** Yes!! And we need more good listeners! Too many talkers who just don't listen! Thank you to the stuttering community for paving the way!!!!

**Jude:** Having a stutter gave me patience and the ability to sit back and observe people.



Join the conversation at **Facebook.com/StutteringHelp**

## Brain

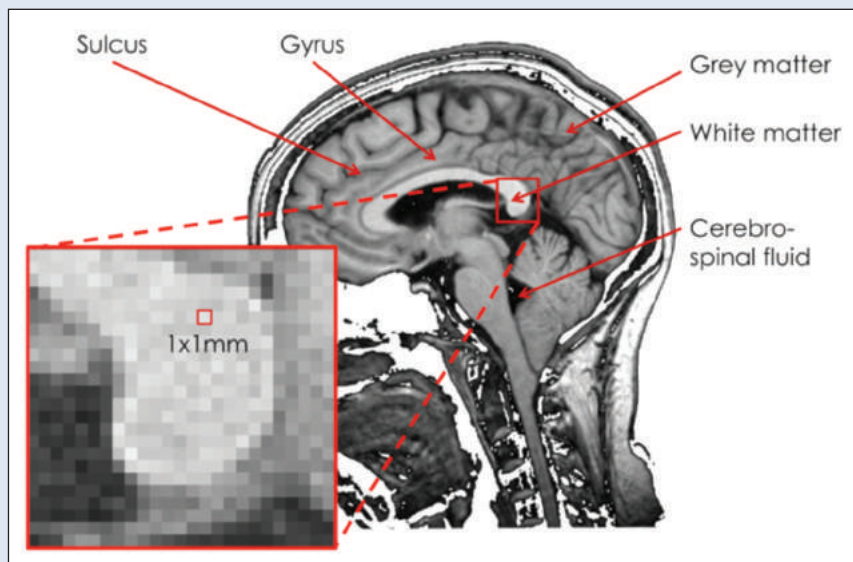
*Continued from front page*

we must ensure good hearing protection, as they are very noisy (the scanners not just the babies!). The number of investigations of the brains of children and adults who stutter has increased considerably in recent years due to the availability and convenience of MRI scanners. What has this research told us about stuttering? Do we have any consensus regarding the brain differences that are observed in people who stutter? In this short article, I explain one set of results that, in my view, has provided us with a consistent pattern of abnormality in the brain's structure across many different groups of people who stutter. There are results from other studies that point to differences in the brain's function, too. But, here, I will focus only on differences in the brain's structure and explain what the researchers have found in these studies and what their findings actually mean.

In almost every MRI study of the brain, researchers obtain an image like the one here that shows gray matter as gray, white matter as white and the skull and the cerebrospinal fluid, which bathes and supports the brain, as black (Figure 1). The scalp, muscle and fat tissue of the head also show up as varying shades of gray. The brain's outer layer is cortex (like the bark of a tree) and contains the cell bodies of neurons, where the nucleus is located and which cause the tissue to look darker, hence gray matter. Gray matter is also found deeper in the brain where groups of cells form larger functional units also known (confusingly) as nuclei

– for example, the basal ganglia nuclei are subcortical gray matter structures that when diseased cause movement disorders such as Parkinson's disease. In between the cortex and the subcortical nuclei lies white matter. This contains bundles of fibre that carry axons from cell bodies in gray matter to communicate with neuron elsewhere in the brain or in the spinal cord. The reason white matter is white is because the axons

ly a drop of blue ink would turn the water inside a coconut blue because diffusion in watery substances is high. Gray matter is more like the inside of an eggplant, diffusion is low in gray matter (and eggplants) because there is less water and there are lots of cell bodies, membranes and fibers to reduce the movement of water. In white matter, however, we see highly constrained diffusion due to the fiber bundles. These might be considered like the fibers



**Figure 1:** MRI brain scan. T1-weighted image showing mid-sagittal slice. A zoomed-in section is shown of the back (splenium) of the major white matter fiber tract that connects the two hemispheres (the corpus callosum) to demonstrate the resolution of the image. One cubic millimeter of white matter might contain one million axons. See text for details.

are typically sheathed in a fatty substance called myelin, which improves the speed at which they conduct signals.

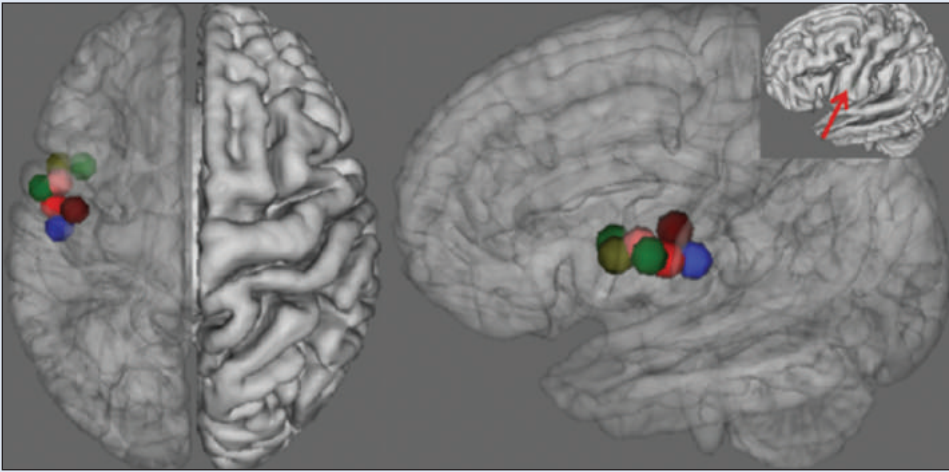
Many studies of stuttering used an MRI method called diffusion-tensor imaging to examine the organization of the white matter in the brain. Diffusion MRI is able to determine the orientation of white matter fiber bundles by examining the movement of water. Water molecules diffuse easily in watery substances when there are no barriers to diffusion. The cerebrospinal fluid that bathes the brain is very watery and diffusion is high in this substance and equal in all directions because there are no barriers. Imagine how quickly and complete-

ly a drop of blue ink would turn the water inside a coconut blue because diffusion in watery substances is high. Gray matter is more like the inside of an eggplant, diffusion is low in gray matter (and eggplants) because there is less water and there are lots of cell bodies, membranes and fibers to reduce the movement of water. In white matter, however, we see highly constrained diffusion due to the fiber bundles. These might be considered like the fibers inside a stalk of celery. These fibers would take up blue ink and it could move along them considerably more easily and quickly than across the grain of the celery stalk. In the white matter, it is similarly much easier for water to diffuse along the direction of the axon fiber bundles than across them. This leads to a bias in the movement of water that is described by a mathematical ratio known as fractional anisotropy or FA. FA is high when water moves mainly in one

direction – isotropy would indicate equal movements in all directions (like in coconut water or CSF). By measuring the diffusion of water in lots of different directions in all parts of the brain, we can guess at the organization of the underlying white matter structure and work out the direction in which axons are oriented within fiber bundles.

In people who stutter, diffusion studies have revealed brain areas with consistently lower FA when compared with people who are normally fluent. The exact location of this kind of abnormality varies from study to study but corresponds roughly to the region underneath the cortex involved in producing movements of the tongue, lips and





**Figure 2:** Locations reported for reduced FA in groups of people who stutter relative to controls in the white matter underlying the cortical area controlling speech movements (red arrow). 3D images of a brain average are shown. Left: view from the top. Right: view from the side. The left hemisphere has been made semi transparent. The right hemisphere shown from the top and the small insert of the side view are opaque to show the sulci and gyri at the brain surface. Colored balls indicate the locations of lower FA reported in several different studies: Sommer et al., (2002): 10 male and 5 female adults who stutter [blue]; Watkins et al., (2008): 12 male and 5 female adolescents and young adults who stutter; and Connally et al., (2014): 21 male and 8 female adolescents and young adults who stutter [green]; Chang et al., (2008): 8 boys who stutter, 7 boys who recovered [dark red]; Kell et al., (2009): 13 male adults who stutter, 13 male adults who recovered [red]; Civier et al., (2015): 11 male and 3 female adults who stutter [pink] and Chang et al., (2015): 21 male and 16 female children who stutter [dark yellow].

larynx. The region is called the ventral sensorimotor cortex. The white matter underneath it could connect this cortex with subcortical areas also involved in movement control or with other cortical areas involved in planning speech or in perceiving speech. Scientists disagree about whether these results are reliable or not but my own view is that they show surprising consistency. That's not to say that there aren't other differences in other brain areas, too. It is striking, however, that so many different studies have been able to replicate a finding first described about 10 years ago in a small group of adult men who stutter.

What does it mean to have lower FA? Strictly speaking, it means that there is no strong bias in the direction in which water diffuses at that location. Water movement is not constrained by organized structure such as fiber bundles containing the axons of neurons sheathed in myelin to insulate them. So a lack of organized structure could reflect fewer connections in this

area or connections travelling in multiple directions crossing each other rather than lining up to travel in one direction. Lower FA can be associated with diseases or damage. For example, people with multiple sclerosis have brain areas with abnormally low FA because their axons lose their fatty myelin sheath and their ability to conduct signals between brain areas rapidly. But lower FA also exists in parts of the brain where lots of fiber tracts intersect and cross over – like a complicated highway interchange. We need to do more work to understand these results more fully. Important questions remain unanswered. For example, are the differences observed causes or consequences of stuttering? The fact that we see these differences in young children who were studied close to the time of diagnosis is suggestive of causality. But further work is needed to follow these changes over development and determine whether they are reversible if treatment is successful.

## New Book Highlights Golfers' Determination

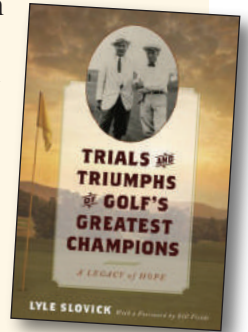
*Trials and Triumphs of Golf's Greatest Champions: A Legacy of Hope* by Lyle Slovic goes on sale this month.

This book tells the inspirational stories of seven famous golfers who refused to let physical and emotional trials stop them from playing the game they love. Included is the late Ken Venturi who is featured on the Stuttering Foundation's *Famous People* poster.

Other golfers are Harry Vardon, Bobby Jones, Ben Hogan, Babe Didrikson Zaharias, Charlie Sifford, and caddy Bruce Edwards. In an era when athletes have lost their luster as role models, the stories of these golfers—of their flaws as well as their virtues—offer lessons in perseverance, dignity, humility, faith, and lives well lived.

Golf writer Bill Fields wrote the foreword.

The book is available at Amazon.com and other retailers.



## Survey on the Impact of Stuttering in the Workplace

Professor Marshall David Rice is conducting a survey on stuttering in the workplace.

This survey is for anyone who stutters, who is over the age of 18, and has been employed outside of the home. To participate, go to [www.StutteringHelp.org/content/survey-impact-stuttering-workplace](http://www.StutteringHelp.org/content/survey-impact-stuttering-workplace)

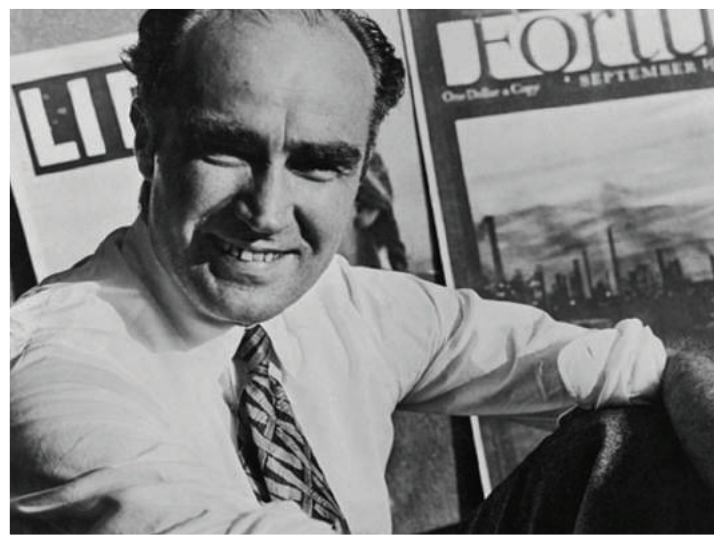


For summer camps and programs, visit [StutteringHelp.org/clinics-summer](http://StutteringHelp.org/clinics-summer).

# Stuttering Didn't Stop These Media Giants

Two giants of publishing and media in the twentieth century dealt with stuttering all throughout their lives. A complete examination of the pioneering careers of each one is not possible in one article as their stuttering is the focus. Henry Luce and Walter Annenberg were not only highly successful publishing magnates, but also were among the very most influential Americans of their generation.

Henry Robinson Luce (1898–1967) was famous for being labelled “the most influential private citizen in the America of his day.” It was at the Hotchkiss School in Connecticut where he met lifelong business partner Briton Hadden, who served as editor-in-chief of the school newspaper while Luce was managing editor. The pair went on to Yale where Hadden was chairman of *The Yale Daily News* while Luce served as managing editor. Both worked at *The Baltimore News* for a year after graduating from Yale in 1920, and then they hatched their plan to form Time, Inc. and start *Time* magazine, which debuted with the March 3, 1923, issue. They would acquire and relaunch *Life* magazine, in addition to starting *Fortune*, *House & Home* and *Sports Illustrated* would follow in 1952 and 1954. Their empire also



Henry Luce

China where his stuttering was mocked and set him apart from his classmates. It was at this school that the young American first made an effort to address his stuttering. Martin wrote, “Determined to overcome his stuttering, Harry helped start a debating society. He would not sit there and suffer his embarrassment, but would cope with it and conquer it. He was like an actor with stage fright, pushing himself before an audience. When troubled by his stutter, he

would cock his head to one side and wag his head.”

At age 14 in 1912, Luce’s parents sent him to a boarding school in England in which the headmaster himself was a speech correctionist who had a reputation for

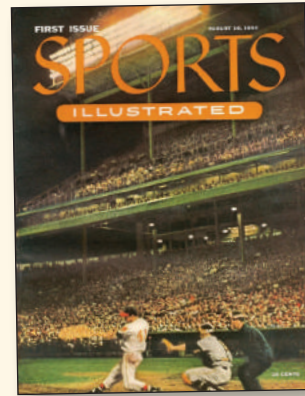
helping boys overcome their stuttering. Martin wrote in his book about Luce’s year at the school, “Therapists tried to abort stuttering with a short, silent breath before each sentence. The breaths presumably relaxed the vocal chords

enough to allow the person to speak fluently. Most therapists regarded the physical therapy as only part of the treatment. After five months, Harry felt helped, but not enough. His stammering hadn’t stopped. His own intense willpower and practice helped him much more in later years, but for the rest of his life, he stuttered when he got overly excited.”

While a student at Yale, Luce won the university’s top public speaking prize. In his 2010 book *The Publisher: Henry Luce and His American Century*, author Alan Brinkley wrote, “...he won the college’s most distinguished public speaking prize, the DeForest oratorical contest— an especially rewarding feat for a young man who had worked for years to conquer his childhood stammer.” However, throughout his storied career Luce’s stuttering would reappear. Brinkley wrote of Luce’s 1966 interview with Eric Goldman, “He rambled in conversation, often stopping in midsentence and starting over again, circling around questions

before actually answering them, sometimes speaking so fast that he seemed to be trying to outrace the stammer that had troubled him in childhood and occasionally revived in moments of stress.”

A passage in Martin’s book states that Luce’s colleague Andrew



**Read about David Shribman, the executive editor and vice-president of the *Pittsburgh Post-Gazette*, on page 13**

dominated the news reels shown in theatres across the U.S. Henry Luce was summoned for advice by various presidents.

In his 1991 book *Henry & Clare: An Intimate Portrait of the Luces*, author Ralph G. Martin puts forth that in 1905 at age seven Henry Luce un-



Heiskell noticed that the more Luce slept, the less he stuttered. "When I first knew him, he still stuttered," Heiskell said. "Sometimes when he made speeches it was agony when he got stuck on something. But then the stuttering disappeared. The self-confidence was there."

Henry Luce also addressed his stuttering in a most unconventional manner. All biographies on Luce state the well-known fact he and his wife, Clare Booth Luce, regularly took LSD in the 1950s. Before the 1960s era of Dr. Timothy Leary, LSD was unregulated. Oscar Janiger, a Los Angeles psychiatrist, was a pioneer with LSD who prescribed the drug to many A-list actors, such as Cary Grant and his wife actress Betsy Drake. An August 2010 article in *Vanity Fair* titled "Cary in the Sky with Diamonds" states that Mrs. Luce was the instigator in the couple's experimentation with LSD.

"Another early experimenter was Clare Booth Luce, the playwright and former American ambassador to Italy, who in turn encouraged her husband, *Time* publisher Henry Luce, to try LSD. He was impressed and several very positive articles about the drug's potential ran in his magazine in the late 50s and early 60s, praising Sandoz' 'spotless' laboratories, 'meticulous' scientists and LSD itself as 'an invaluable weapon for psychiatrists.'" Betsy Drake, a person who stuttered who used acting as a tool for fluency and Henry Luce noticed how LSD brought them a sense of fluency.

Walter Annenberg (1908-2002) was a publishing magnate in addition to being a philanthropist and a diplomat. Inheriting the *Philadelphia Inquirer* from his father, he built a publishing empire by creating magazines such as *TV Guide* and *Seventeen* in addition to accumulating many radio and television stations. He also served as the

U.S. Ambassador to the United Kingdom from 1969-1974. His famous estate in Rancho Mirage, CA hosted countless functions with the top names in entertainment, politics, business, and royalty.

Annenberg's Oct. 2, 2002, obituary in the *New York Times* stated that he struggled with stuttering throughout his life. In a 1982 book by John Cooney, the author writes, "By 1968, it is impossible to equate the coolly self-confident tycoon, who gives orders as naturally as he breathes, with the shy, stuttering child he once was or the carefree

it wasn't unusual for him to pause for painfully long moments before he managed to give an order or discuss the business at hand.

In *Legacy: A Biography of Moses and Walter Annenberg*, a 1999 work by Christopher Ogden, Annenberg's sister Evelyn described her brother's speech, "The stuttering wasn't just hard for Walter... It was awful."

Ogden wrote, "He did endless exercises reading aloud... Page after page of lists of words, phrases and sentences. Over and over again for what would ultimately be the better part of a century. In his eighties and nineties, Walter continued to do his speech exercises daily, a sign that he was never 'cured' and of his determination and discipline. Every day he would have to prove again that he could speak."

On the day of his 90th birthday, he called Jane Fraser for suggestions on how to cope with his stuttering.

It was while working in the family publishing business that he would return to the therapy program that had been devised by Dr. Edwin Twitmyer of the University of Pennsylvania. In his book Cooney wrote, "The exercises consisted of about twenty minutes a day of recitation, including works such as the Gettysburg Address and Robert Southey's poem 'Cataracts of Lodore', which were therapeutic because of the rich range of vowel sounds. Even to this day, if Annenberg were to discontinue, his speech would rapidly backslide. Thus, to the bewilderment of others on occasion, Annenberg put himself through his lessons wherever he happened to be. While staying at the Beverly Hills Hotel during the Second World War, for instance, his warblings panicked a guest in an



Walter Annenberg

young man-about-town ..." Another passage describes his childhood. "Walter was a shy boy, a major reason being a terrible stutter. Simple words and phrases took him forever to say."

However, it was during his college years at the University of Pennsylvania, from which he never graduated, that he began a speech therapy program but discontinued it. In his early career, he felt he had to do something about his speech. "Besides

working to improve his knowledge of the business, Walter began an agonizing and often frustrating approach to conquering his stutter... But even as he came to dominating his business world, his speaking pattern remained difficult, and



## The Annenberg Foundation

ST. DAVIDS CENTER, SUITE A-200  
150 RADNOR CHESTER ROAD  
ST. DAVIDS, PENNSYLVANIA 19087

October 11, 1990

Mr. Malcolm Fraser  
Director  
Speech Foundation of America  
P.O. Box 11749  
Memphis, TN 38111

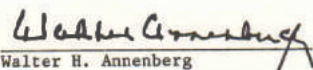
Dear Mr. Fraser:

I have your letter of October 1st together with the copy of "Self-Therapy for Stutterers" -- Seventh Edition, as well as the other enclosures, and for which I thank you.

There certainly could be no doubt in the minds of thinking citizens that the Speech Foundation of America is an affirmative effort to help the sufferers of this tragic problem.

The Annenberg Foundation will be contributing a \$25,000 grant, payable over three years, the first payment of which will be in the first quarter of 1991, and for two years thereafter.

Sincerely,

  
Walter H. Annenberg

## TRIANGLE PUBLICATIONS, INC.

100 MATSONFORD ROAD, P.O. BOX 750, RADNOR, PA. 19088/215-293-8880

WALTER H. ANNENBERG  
PRESIDENT

February 1, 1985

Mr. Malcolm Fraser  
Speech Foundation of America  
P.O. Box 11749  
Memphis, Tennessee 38111


Dear Mr. Fraser:

May I acknowledge, rather belatedly, your January 7th communication together with the latest edition of your book on self-therapy for the stutterer.

I am sending your communication with the enclosures and your fifth edition of, "Self-Therapy for the Stutterer," on to the publisher of TV GUIDE, Eric Larson, to see if we can give this edition some publicity.

With all good wishes.

Sincerely,

  
Walter Annenberg

"Sunnylands"  
P.O. Box 98  
Rancho Mirage,  
California 92270

*Walter Annenberg had a long history of supporting the Stuttering Foundation.*

### Media

*Continued from page 11*

adjacent room, who informed the management that a Japanese spy was barking orders at someone next door."

Of Annenberg's adulthood, Ogden wrote, "The persistent stuttering was a similar frustration from which he could never

uncomfortable speaking publicly. Before arriving he had written to David Bruce (the previous U.S. Ambassador to the UK), as Bruce noted in his diary, that "he had no desire to make speeches unless it was absolutely necessary."

Ambassador Annenberg kept a low profile by refusing to speak to the press for his first three months. Ogden described of Annenberg's first interview with the British media, the *Daily Express*, "But he did not explain his lifelong history of stuttering, the speech therapy he had undergone for years and that he always chose every word with particular care. To minimize his stammer, he tried to frame entire sentences before opening his mouth. The result was often circumlocution as

phrases poured from his mouth complete with whereases and heretofores. In the presence of the Queen, he had been determined not to stumble over his words." Of course, people who stutter know that Queen Elizabeth was most compassionate with Annenberg's stuttering because of her late father King George VI's history with the speech disorder.

Henry Luce and Walter Annenberg did amazing things in their storied careers and lives. The fact that both of them were involved in speech therapies and struggled with stuttering throughout their entire lives is a compelling testament for perseverance in one's chosen profession. These two famous Americans never once let stuttering hold them back from achieving their phenomenal success.

**Henry Luce and Walter Annenberg did amazing things during their storied careers and lives. The fact that both of them struggled with stuttering throughout their entire lives is a compelling testament for perseverance in one's chosen profession.**

escape. " However, when President Nixon selected Annenberg as Ambassador to Great Britain, there were questions about whether he could handle even the ceremonial diplomatic responsibilities. "Because of his stutter, he was

# How FDR's Speeches Helped Nervous Kid

By Greg Wilson

David Shribman was a self-described “nervous kid” who grew up in a small beach town in Massachusetts. “I threw up a lot,” admitted David.

Now-a-days, you are more likely to find David on the dais than anyplace else. “I speak publicly, and usually flawlessly, 12-15 times each month.”

David, a life-long newspaperman, is currently executive editor and vice-president of the *Pittsburgh Post-Gazette*, a position that requires many public appearances for speeches, panels, presentations, and other public conversations in front of groups both small and large. He previously worked as a reporter for the *Boston Globe*, *The New York Times*, *The Wall Street Journal*, *The Washington Star*, and *The Buffalo Evening News*. In 1995, he was awarded a Pulitzer Prize for his coverage of national politics and the Washington scene.

During his sophomore year of high school, David inexplicably began to stutter. “In high school, my stutter developed and it made me terribly self-conscious,” he said. “I hated the telephone. I thought it was the instrument of the devil. And having a stutter wasn't the best way to meet girls.”

“I was also the class president and was scared to death of standing at the microphone in front of the class. I had such a hard time talking to a large group of my classmates. I developed a few funny routines to help me get along.” When speaking in public,

David used to click his tongue, relax his jaw and even use a little singing to help get his words out. But he remained frustrated and embarrassed. “I was truly mortified,” he added. “I sometimes still click my tongue even today when I speak.”

Through his public high school, he began seeing a speech



David Shribman is the executive editor and vice-president of the *Pittsburgh Post-Gazette*.

therapist. She told David to get a book of famous speeches by President Franklin Delano Roosevelt, go to the beach, and read them out loud. “So there I stood at Phillips Beach, book in hand, reading FDR's *Four Freedoms* speech and his *Day of Infamy* as the surf crashed along the beach.” David's experience with stuttering left him with him three valuable lessons:

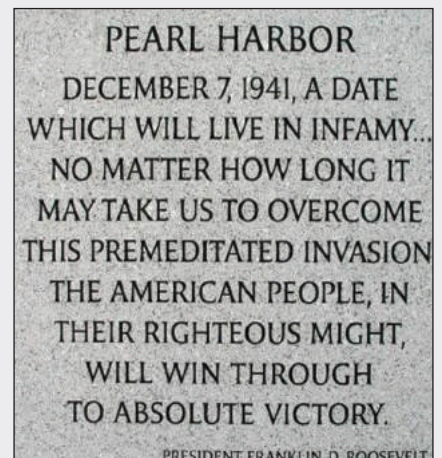
“First, I came to realize that there wasn't anything special about reading speeches to the ocean. It was a placebo. But it made me talk and it helped me become more fluent. In that sense, it really worked well. Second, what I learned about FDR by reading his speeches over and over again served me very well in my own writing over the years, covering

politics and the White House for various news organizations. And third, I learned to have immense patience for anyone who stutters, and to never, ever finish their sentence,” he said.

“When I covered the 1984 presidential race, I spent hours talking about stuttering with Annie Glenn, and gifted photographer P.F. Bentley, who both stuttered. It gave all three of us a sense of camaraderie, of shared misery to have each other.”

Along the way, David has learned a few things about stuttering. “It's not a fatal disease. It's endurable and conquerable. It measures one's courage and character,” David added.

Despite a life of professional fulfillment, David counts his ability now to stand comfortably in front of large audiences among his greatest achievements. “That's not something I could have imagined when I was 15 years old. I would have bet it more likely that I'd be hit by a meteor than end up on stage a couple of times each week speaking into a microphone.”



## Foundation President Joins TSA Disability Coalition

Jane Fraser was asked to join the Transportation Security Administration's Disability and Medical Condition Coalition by TSA senior policy advisor Susan Buckland. The offer follows recent outreach by the Foundation to the TSA to discuss agent interactions with people who stutter during the airport screening process.

Earlier this year, a U.S. citizen who stutters, Kylah Simmons, was reportedly detained by Customs and Border Protection agents in Atlanta after an inbound flight. As a result, the Stuttering Foundation created a self-identification "I Stutter" card, designed to assist travelers as a nonverbal tool to help communicate during the security screening process. The ID card is available in two downloadable formats on the Foundation's website at



[www.StutteringHelp.org](http://www.StutteringHelp.org) or may be requested for free by writing to [info@stutteringhelp.org](mailto:info@stutteringhelp.org).

"Although TSA wasn't involved in the Atlanta incident, we thought we should reach out proactively to their traveler engagement team, show them our new card, and offer to help them understand the traveler who stut-

ters," said Fraser. "Between the free downloads from our website and cards we've mailed for free, there are thousands in circulation already.

"We are thrilled to be a part of the TSA Coalition, and to give the stuttering community a voice in the security screening process. TSA has been very supportive of our concerns," added Fraser.

The TSA Disability and Medical Coalition provides opportunities for TSA to discuss programs and initiatives that benefit travelers with disabilities and medical conditions, and provides opportunities for advocacy organizations to provide feedback, ask questions, present current issues and concerns and to share experiences. The TSA Coalition convenes annually in Washington, D.C.

### ID Card *Continued from front page*

own name or city of departure during routine questioning."

Added Board member Don Lineback, "I hand out the cards to TSA staff at airports; they use them as a multi-purpose educational tool."

"With constantly evolving security concerns, the traveling public and the screeners are under more pressure than ever—we're just trying to help and to educate," added Fraser.

The card was designed in response to an incident involving Kylah Simmons, a U.S. citizen returning home through the Atlanta airport after studying abroad. According to media reports, Ms. Simmons, a person

who stutters, was questioned repeatedly about her stutter by a customs agent. Ms. Simmons was told by the agent that she was "lying" about her stutter.

After this stressful event, Simmons worked closely with the Foundation to design the card and make it available to the stuttering community worldwide.

"When questioned by someone in authority, we all may have difficulty maintaining our fluency. For someone who stutters, it can be a much greater challenge. We hope this tool will make a difference," added Fraser.

Download your free copy of the ID card at

[www.StutteringHelp.org](http://www.StutteringHelp.org) or request a card by mail by emailing [info@stutteringhelp.org](mailto:info@stutteringhelp.org).



Cut out, fold, tape, and carry in your wallet.

# “I Stutter Card”

In order to make these cards more durable, you may want to print on heavier paper or card stock and laminate.

## I Am a Person Who Stutters

**Stuttering is a condition covered by the Americans with Disabilities Act**

- **What is stuttering?** Stuttering is a communication disorder in which the flow of speech is broken by repetitions (li-li-like this), prolongations (lllllike this), or abnormal stoppages (no sound) of sounds and syllables. There may also be unusual facial and body movements associated with the effort to speak. Stuttering is also referred to as stammering.
- More than **70 million people worldwide stutter**, which is about 1% of the population.
- There are many complex factors involved with stuttering. **Stress is not the cause, but it certainly can aggravate stuttering.**

For more information, call **800-992-9392** or visit **www.StutteringHelp.org**



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Fold here. Do not cut along this line.



For more information,  
call **800-992-9392**  
or visit **www.StutteringHelp.org**

Cut out and carry with you.

**THE BLOG**  
**He Used This Stutter ID Card With A Police Officer**  
158 | f | t | p | i | e | m | L | H | P |

Kyle Rosewall  
Stutter Advocate, NYC's Top-Notch Television Producer

**Featured on the Huffington Post**  
<http://tinyurl.com/gwmkpoz>

A few weeks ago, I shared my story pertaining to me being detained because of my stutter, in an international Atlanta airport when returning from a Costa Rica study abroad program. During this difficult time, I had the opportunity to receive support from multiple stuttering and non-stuttering communities throughout the world. In addition to spreading stutter awareness through multiple media platforms, I had been in contact with Stuttering Foundation of America, where we had collaborated together in order to create a travel card for stutters that includes more information about stuttering. The stutter ID card is called "I Stutter Card."

# Dear SFA:

Send letters and signed parent permission to:  
 The Stuttering Foundation  
 P.O. Box 11749 • Memphis, TN 38111-0749  
 or e-mail [info@StutteringHelp.org](mailto:info@StutteringHelp.org)

## Smooth Speech

Hi my name is Anastasia. I am 14 years old and I am in eighth grade. I was born in the Ukraine and I was adopted by my parents when I was 8 years old. I like to color, draw and read. I am also a good horseback rider. My favorite horse is named Lucky. At the age of eight, I began to stutter a lot and I was made fun of by kids in my first school. I was bullied a lot and that made me feel upset so I had to try to figure out how to speak smoothly. I was really nervous and all I could say in English was hi. Then I came to Villa Maria and Mrs. R my speech teacher helped me learn the techniques of breathing in, talking out, slowing down, and to pause often. I began writing poetry and read one of my poems without stuttering in our talent show. I think I did a great job reading my poem to the big audience.

Anastasia, 14  
 Rowayton, CT

## Shine Brighter Than the Sun

My name is Jayden, and I am a young male who stutters. I am writing this message to the people and children who stutter worldwide because I want you to know that it is going to get better. The more you realize you stutter and accept it, others may try to discourage you and tell you that you don't belong because of the way you speak. How does that make me any different than someone else? I am a human too, I cry, and I live just like anyone else. I just struggle saying my words sometimes. So I want you to never feel like you're alone because many people stutter. Never feel afraid or unintelligent because you stutter because that's what makes you. Next time



Hi, I'm Anja and just like a lot of you I stutter. I have a speech therapist named Melissa. Melissa helps me with my stuttering. We talk about techniques I can use and practice them by telling stories. Stuttering is not uncommon, though. My friend stutters too! I want to tell her to slow down a lot and use easy starts but I don't have the nerve. Melissa has helped me a lot with stuttering by telling me to use easy starts and using time pressure. You can use those techniques to help you too!

Anja, 10, Seattle, WA

you feel that way, go in the mirror, look at yourself proudly and say "I stutter." Do this not just once, but repeat it! "I stutter!" I may get bullied sometimes and have trouble speaking, but when I have a pen or a microphone in my hands, I am stronger. When I believe it in my head, I can be the master of social ceremonies and gatherings, and always shine brighter than the sun. You can be too, because you stutter, just like me.

Jayden, 14  
 Philadelphia, PA

## Things I'd Like to Tell You

My name is Danielle. I would like to tell you about stuttering and what it's like to be in 5th grade. I would also like to tell you some things I have been doing in speech. Stuttering is when your words get stuck when you talk. For me, when

I do a presentation, I'm not really nervous, but I do get stuck and stretch out my words. I don't stutter all the time, but half of the day (usually in the afternoon) I get stuck more. I don't really feel anything when I stutter because all of my friends and family know that I do. But when I meet someone new, I get a little nervous. I think when I go to middle school I'm going to get nervous and my stuttering could get worse, or, it could get better. Fifth grade is fun for me, but at the same time it's difficult for my brain. Things like math, writing, and reading are challenging at times. In speech, I've been practicing my stuttering with words and letters that I typically get stuck on. I have also made projects of famous people who stutter like Lazaro Arbos and Emily Blunt. In the fall, I gave my

classmates a survey and did a presentation on what stuttering is and how it affects me. I hope you enjoyed my letter.

Danielle, 10  
 St. Paul, MN

## My Classmates Had Fun!

My name is Erick, and I'm 10 years old. I'm in 5th grade which is elementary school, and sometimes I stutter. In my class I did a presentation about stuttering, and how people feel when they stutter. When I was giving my presentation I was nervous, but when I finished it, I was relieved. My classmates had fun in my presentation. I think other kids who stutter should do a presentation because it helps people know how to listen.

Erick, 10  
 Irving, TX







### I Have a Lot of Friends

Hi! My name is Jonah. I am 8 years old and I am in 3rd grade. I was born with my stutter. When I was in Kindergarten people used to make fun of me. When I moved to Ritter Elementary School, everything got better. I have a lot of friends. Sometimes I know when I am going to stutter, so I stop and think before I stutter. My teacher Ms. D. helps me to stop stuttering.

*Jonah, 8  
Newport, MI*

### I Like Soccer

Hi my name is Vincent and I'm 10 years old. I'm from Madison, Wisconsin and I stutter. The things that help with my stuttering are pull-out and cancellation. Cancellation is when you stop and start over again trying to say the word relaxed and smooth. For pull-out you stop and you pull out of a word when you're stuck. The things I like to do are play video games and play soccer. I speak Spanish and English and go to a bilingual school called Nuestro Mundo. I like the soccer players Cristiano Ronaldo and James Rodriguez. James Rodriguez stutters. It feels weird when I stutter and sometimes I feel embarrassed but I know that there are lots of people of stutter.

*Vincent, 10  
Madison, WI*

### I Like Playing Basketball

My name is Laibyn or you can spell it like Labin. I hope this works to help people stop stuttering. I like to play basketball. I stutter sometimes. Sometimes people laugh at me. I cry. Then one day I



Hi! My name is Anabelle. I am in third grade at Randall School in Madison, Wisconsin. I have stutters in the middle of my words, but they are not too severe. For example, I might say, "This is f - un!" Or, "I am fin - ished." I love seeing my speech teacher for therapy. It is very fun. I don't let stuttering affect me much. I don't like when people point it out or finish my sentences. That starts to get annoying! I try to keep it off my mind by talking to friends or family about it. I started stuttering when I was three. What age to people usually start to stutter?

*Anabelle, 3rd grade, Madison, WI*

*Editor's Note: Great question, Anabelle! Many children start stuttering between 2 and 5 years old, as their speech is developing and more complex skills are required to verbalize their thoughts. But people can start to stutter at any age, including later in elementary school, or as teenagers, or even as adults. Speech is much more complicated than it appears on the surface!*

was playing with my brother. Then I stuttered. Then my brother said, "Stop stuttering, please!" Then I said, "I can't stop it!" So we just kept playing. Then, one day my friend Andrew told me if people laugh at me when I stutter, I should laugh at them. Sometimes at dinner

I stutter, too. I'm in 2nd grade and I'm 8. When I go to school, my friends don't laugh at me when I stutter. Other people do laugh at me when I stutter. When I sttttutter, I just stop, take a deep breath, and talk again. When I sing, I don't stutter. Then after school I go to bed and wait for the next day. I can't wait for the next day!

*Laibyn, 8  
Brownfield, TX*

### They Didn't Laugh at Me

My name is Lester. I like to play outside with my friend at my house. We play basketball, dodgeball, football, and soccer. We like to play on my X-Box. Ever since I was a little kid, I stuttered. I started stuttering in Kindergarten. Some people used to make fun of me when I was stuttering. I tried to ignore it. People were still laughing at me. I was sad when they laughed at me. Then, when I came to second grade, I was still stuttering. No one laughed at me. I was so happy when they didn't laugh at me! When I came to 3rd grade, I was still stuttering. No one laughed at in 3rd grade either. That is good. Ever since I came to speech, Ms. J helped me calm the stutter.

*Lester, 3rd grade  
Brownfield, TX*

### I Feel Fluent!

Hi, my name is Kevin. I'm 14 and I stutter. Coming to speech has helped me a lot for the past 2 years. What I use to stop stuttering are prolongations, repetitions and repeating my words. Playing the True/False "Jeopardy" game on the computer has been fun, especially when I beat my therapist. Learning to stutter on purpose has also helped me feel good. I don't

*Continued on page 18*

My name is Francine. I am 15 years old and in 10th grade. I love to draw. I enjoy going to art museums and seeing shows. I want a career that is art involved when I graduate.

Typically, I tend to stutter mostly when I'm stressed or nervous. There are moments when I talk but mostly when I read off of something. It keeps me from being able to talk out in front of the rest of the class, especially during presentations. Sometimes it keeps me from participating in normal situations. It scares me to do the small things in life. For example, if I were to go out to a restaurant, I worry about the fact that I'm going to stutter when the waitress asks me what I want to order. What really causes the stutter is when I worry too much. I think about things too much and it causes me to stutter.

At school, I attend speech therapy to work on my stuttering. It helps with my speech and gives me the confidence to go out more. During speech therapy, my speech teacher gave me certain techniques that help me with my stutter. They are:

**Breathing strategy:** Slowing down, taking a deep breath, and then talking on the words that I may stutter on.

**Metronome strategy:** Having a constant pace similar to a robot.

**Stretched speech strategy:** Dragging out the front of the word and gently moving on to the next sound in the word when I'm having a stuttering moment.

During speech sessions, I refer back to the Stuttering Foundation magazine so I'm reminded there are other people like me who stutter. When reading the magazine, I noticed that people are also putting in pictures to show what it was like when they have a stutter. Since I love art, I decided to do my own. It's a drawing of a girl with a silhouette of people behind her. The girl says I stutter. It represents how I feel when I'm around other people. It represents the thought of having to meet new people and having that issue when meeting these new people. The two different colors feel as if I'm the only person that has it, between the other people and myself.

Having speech therapy I feel I have progressed in controlling my stutter in stressful situations and also my strategies have given me the confidence in everyday life.

*Francine, 15, Georgetown, DE*



get teased like I did when I was little. My stuttering has improved. I feel fluent!

*Kevin, 14*

*Greensboro, NC*

### Spaghetti is a Tall Order

My name is Michael and I am 12 years old in the 6th grade. I love playing soccer and love to be outside playing and doing sports. Speech fluency has never kept me from playing sports or anything else. Last year in fifth grade, I ran for Student Council President, gave two speeches, and won! To get more fluent, I would practice easy onset and taking a big breath before every sentence. This year, I was at a restaurant and I wanted spaghetti. But when I went to

order spaghetti, I couldn't say it. At first, I told my mom to order it for me, but she said, "No." So I kept trying to say it but still it wouldn't come out. Then, I started thinking of my strategies and still nothing came out. So, I was going to switch my order to chicken nuggets, but finally "spaghetti" came out. The next week in speech class, we practiced role-playing ordering spaghetti in a restaurant. It helped a lot! I can say "spaghetti" more fluently now than ever before!

*Michael, 12*

*Hartville, OH*

### Do Things You Love

Hi, my name is Ethan. I am 10 years old and I live in Lincoln,

Nebraska. I go to Fredstrom Elementary School. I love having sleepovers with my friends and staying up late. I also love to play all sports, especially lacrosse. Most of the time when I play lacrosse and yell to my teammate, I don't stutter. When I yell their name so I can catch it, I don't stutter. When I am doing what I love, like playing lacrosse, I feel less stressed and my stuttering goes away. The two strategies I use are stretchy speech and cancellation. There is a similarity between being good at sports and using stuttering strategies...you have to practice both to get good at them. They both take time to get better. This really works!

*Ethan, 10*

*Lincoln, NE*

### Don't Worry

My name is Andrew and I live in Lincoln, Nebraska. I go to Fredstrom Elementary and I'm going to be 12 years old. I like to play baseball and I like to collect military surplus. Normally I forget to use my strategies outside of speech time because I don't always notice my stuttering. Normally I use stretchy speech and easy onsets to help me to not stutter. Sometimes my classmates say "hurry up" or they tell me the answer. This makes me feel embarrassed. My message to you is: Don't worry, the way you talk is just fine!

*Andrew, 5th grade  
Lincoln, NE*

### Don't Let It Hold You Back

Hi, my name is Jada and I am 11 years old. Everyone has a hobby. I love playing soccer and hanging out with friends but if you have a stutter you know it can be hard to say what you want but I hope that does not hold you back from things you love to do. There are actors, athletes and comedians that have stuttering and that never stops them. The type of stuttering I have is called interjections but a strategy I like to use is called cancellation; that is where you hear yourself stutter and so you stop to think of a strategy and then start over. If you have a major stutter, it can be really hard. My message to you is, you can be anything you want: a comedian, actor, athlete, lawyer, manager, teacher or politician. But if you let stuttering hold you back, you won't be the best you can be!

*Jada, 11  
Lincoln, NE*

### I Gave a Presentation

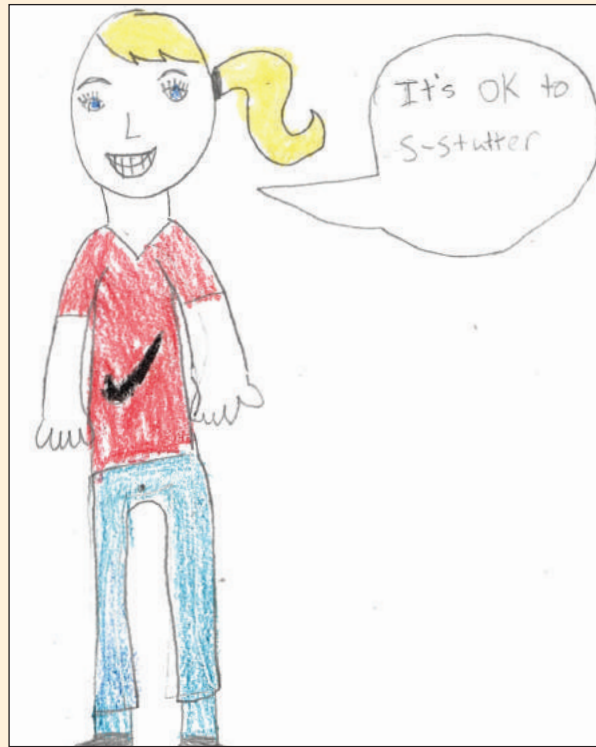
Hi my name is Angel. I am 10 years old. I like to play football, it makes me happy. I have been in speech since fourth grade. My

strategies for stuttering are easy starts, cancellations, and pull outs. My favorite strategy is an easy start. I use it at the beginning of sentences. I gave a presentation to the principal, it was about stuttering, and she liked it.

*Angel, 10  
Ontario, CA*

### I Have Gotten Better & Better

My name is Brianna. I have been going to speech for 7 years. It has



For people who stutter, it's okay. Most kids stutter but it doesn't affect the person you are. Don't take stuttering the wrong way. I stutter, too! Stuttering is not bad as long as you don't make a big deal about it.

*Arden, 9, Pauline, SC*

changed me, through happy and sad. I have learned how to keep my motor on when I talk to others. Next year I will be going to 6th grade. I want to be ready so I can help others with speech like my teacher did. From the time I began speech, I have gotten better and better. That's my story of being in speech.

*Brianna, 10  
Henrico, VA*

### You're Not the Only One

Hi, my name is Mark. I am 10

years old. I like to play soccer. I stutter, and if you stutter you are not the only one. These are the strategies I use: easy starts, cancellation, and pull outs. They make my speech easier. I started stuttering since 3rd grade and now I am in 4th grade I feel good about my speech.

*Mark, 10  
Ontario, CA*

### I Am Friendly!

My name is Joel. I'm in third grade. I am friendly, and I like that my speech is now smoother. I'm good at soccer, running, and playing with my friends. When I speak, I get nervous, and my voice gets creaky, my voice box gets tense, and my lungs get tight. The technique I use is easy starts; that is when you start your first word easily. It helps me speak more relaxed, so I'm getting a little bit better. I stutter, but using easy starts helps.

*Joel, 9  
Lompoc, CA*

### I Am Fine with Stuttering

My name is Jayden and I am in second grade. I like that I am a good worker. I have lots of energy. I am nice. I am using stuff to help my speech. When I stutter I kind of sound like an air balloon trying to talk in the air. Now, when I stutter, I get stuck on vowels and "a" and I get a block sometimes. That is when I can't say anything for about

2 seconds. It's like my voice has to rest before I can talk. I'm fine with stuttering. I just don't like it when someone corrects me. It makes me frustrated. I use 'pause often' and 'language planning.' I'm working on 'cancellation.' Cancellation helps with my speech. When I stutter, I stop and count on my fingers to five, then I say my word again.

*Jayden, 7  
Lompoc, CA*

*Continued on page 20*

*Editor's Note: We attempt to answer every child's letter personally, so please include a contact name and postal address for either a parent or the SLP of the child along with your submission to Joan at [info@stutteringhelp.org](mailto:info@stutteringhelp.org). Thank you!*

## Letters

*Continued from page 19*

### I Use Eye Contact

My name is Elijah and I am in fifth grade. The things I like about myself are that I'm good at reading, I'm friendly, and I'm a good illustrator. I sometimes sell my drawings. I'm also good at boxing and playing video games; and I'm a good athlete. My speech is mostly fluent, but sometimes I stutter. When I first started speech I didn't use eye contact or language planning. I would look up and try to think of what to say. Also I would do body movements like moving my legs. I don't get mad when I stutter. The techniques that help me the most are eye-contact and language planning - that helps me know what to say. I have been going to speech for two years and have advanced to not stuttering. I'm fine with my speech now.

*Elijah, 10  
Lompoc, CA*

### I Listen to Others

My name is Chase and I am in fifth grade. Things I like about myself are I listen to others when they speak, I'm nice, and I'm a good friend. I'm good at playing video games, football, and baseball. When I talk, sometimes I repeat what I say, and very rarely, I block. The techniques that I use are 'regulated rate' and 'pausing and phrasing.' I use these because I talk too fast, and they help me slow down my speech. I also use 'sliding' - keeping my voice turned on as I go from word-to-word. I have a hard time controlling stuttering because it is very hard to do, but my speech therapist said that I should not con-

trol it, I should let it out. Stuttering makes me feel special, because most other people do not stutter.

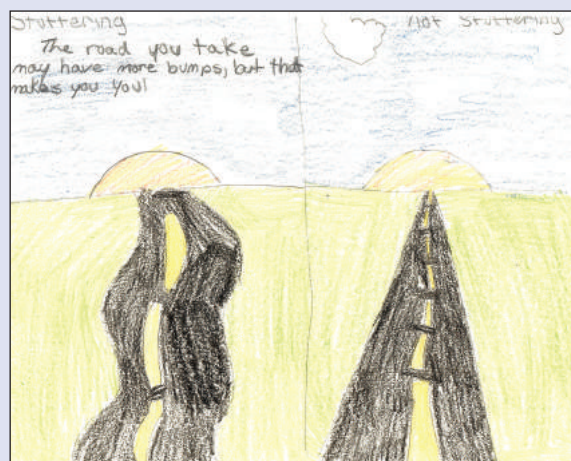
*Chase, 10  
Lompoc, CA*

### I Know What I'm Going to Say

Hi, my name is Toby but my real name is Tobias and I am 10. I started stuttering when I was seven. I

bouncing, prolongation, phrasing, and I even thought of one: I would sing every word I say. When I stutter I feel like the words get stuck in the back of my throat. Then in my head, I know what I am going to say but it won't come out. Don't let people bully you because you stutter.

*Toby, 10  
Cincinnati, OH*



Hello, my name is Sophia and I live in Kansas. I started stuttering when I was three. Then, it went away when I was in first grade, but came back in fourth. Since then, I have been in volleyball, two spelling bees, a geography bee, and I have my own small business making paracord accessories. You just have to remember that because you stutter does not mean you cannot do the things other people can do. You can do what you like to do, don't be afraid. Embrace who you are. Sometimes I am afraid to talk when other people are around because I might embarrass myself. Easy beginnings help me a lot when I am scared. That is when you hold out the beginning of a word, like "W----here did she go?" Let's review: You + Dreams + Stuttering + Strategies = Success! Be yourself!

*Sophia, 10, Eudora, KS*

stutter most of the time. I stutter when I talk to my teacher, sometimes family, friends, and people I don't know. Now I want to talk about my strategies. I do breathing,

### Brain Knows What to Say

Hi, my name is Davin and I am 11 years old. (I'm also known as D'nice.) My favorite things to do are play football, watch TV, play video games, and do karate. I've been stuttering since I was four years old. The worst times I stutter are when I'm excited, nervous, or sad. When I stutter I feel like a big pile of words clog my mouth and it's hard to get out the words. My brain knows what I'm going to say but my mouth gets clogged. My strategies are:

1. Bouncing (bbb-ball)
2. Prolongation (saaaail-boat)
3. Breathing
4. Phrasing (I like ice cream but not mint chocolate chip.)
5. Relaxing

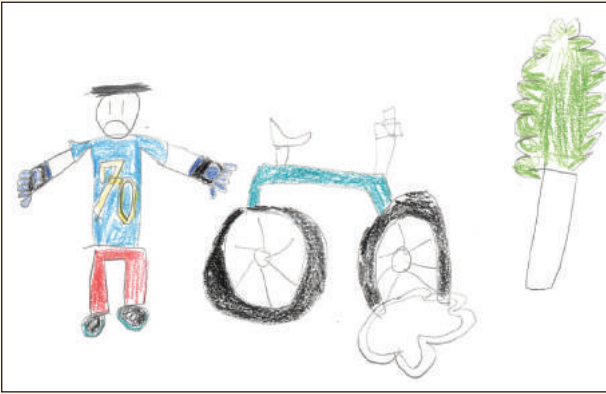
Those are my techniques I use to speak better and not to stutter.

*Davin, 11  
Cincinnati, OH*

### Catching Myself

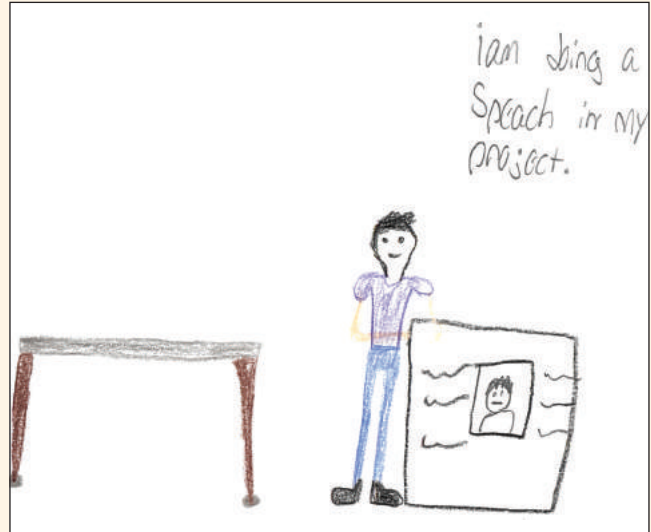
My name is Delainey. I am 8 years old. I stutter a little bit and if I do I stop myself and use one of my strategies. I like going to speech class be-





My name is Jesse. I am in 5th grade. I like to play board games and guessing games. When I stutter, it feels like a bicycle in a mud pit. But, thanks to my speech teacher, Mrs. J., I'm working on my stutter. I am working on easy starts and phrasing and sometimes we play games to practice. Sometimes I stutter when I talk to my teacher and he doesn't understand me. That feels embarrassing.

*Jesse, 10, San Antonio, TX*



Hi, I am Jairo. I am 9 years old. I like playing soccer. I like playing games, and speech. The speech tools that I use are smooth speech, slow speech, stretchy speech, and cancellation. Also, there are other people that stutter so you're not the only one.

*Jairo, 9, Fort Worth, TX*

Hello! My name is Justis, and my nickname is "J-man." I live in Galt, California and go to River Oaks Elementary School. I am 9 ½ years old. I started stuttering when I was around 7 years old. I go to speech class to help me. My teacher for speech is named Mrs. E. Ssssstretching out the first word, talking slowly (turtle speech), pausing between groups of words or sentences (trying not to sound like a robot), and speaking during exhalation are very helpful strategies. My friends (and other people) and I hate my stuttering because it is sometimes hard to understand me.

In speech class, our schedule is:

1. Review my speech strategies
2. Model my strategies
3. Practice my strategies
4. Rate my speech at home and at school (why I think it was "bumpy" and why it was good)
5. End our time with a game (I win most of the time)

My advice for other kids who stutter: ssssstretch out the first word or syllable, slow down your speech, and think before you speak®.

*Justis, 9 ½, Galt, CA*



cause I think it helps me not to stutter. I hope when I grow up my stuttering will stop. I know I stutter, but sometimes I don't catch myself stuttering.

*Delainey, 8  
Deptford, NJ*

### Bumpy Speech

My name is Dustin and I am 10 years old. Sometimes I have

bumpy speech. When I'm talking, my speech therapist told me to relax so that my words can come out more smoothly. My speech therapist mentioned pseudostuttering. It is when you stutter on purpose. It makes me more relaxed because it is funny. Sometimes I use something called pull-out which is when you are going to stutter but you

pause and say it more easy like. I also use something called a cancellation. It is when you allow a stutter to happen and go back and say it smoothly. My mom tries to help sometimes, but she leaves it more to my speech therapist.

*Dustin, 10  
Rockville, IN*

**Letters** *Continued from page 21*

I am Douglas and here are some of my feelings about stuttering. When I am at home I feel ok, but at school people make fun of me sometimes. My parents tell me not to worry about stuttering, but it is hard not to sometimes.  
*Douglas, 9, Pauline, SC*



Hello, my name is Caleb and I am 6 years old. I like to play video games and eat pizza. Sometimes stretching (my words) helps me talk. I still stutter sometimes and it doesn't bother me.  
*Caleb, 6, Irving, TX*

Hi, my name is Gabe and I'm in 5th grade. I have been stuttering since I was 6 years old. My stuttering got worse when my little sister and her friends teased me by mocking me. I felt very angry, like my head was about to explode. My speech teacher, Mrs. O, talked to my sister and my mom to make my sister stop teasing me. My strategies are to use slow proprioception to help me slow down when I'm talking. I also use easy onset to add a little 'h' sound at the beginning of a sentence. My advice is, don't feel bad when you stutter or when people tease you.  
*Gabe, 10, Fort Atkinson, WI*



*Editor's Note: According to MedicineNet.com, Proprioception is "The ability to sense stimuli arising within the body regarding position, motion, and equilibrium. Even if a person is blindfolded, he or she knows through proprioception if an arm is above the head or hanging by the side of the body." According to one SLP specialist we asked, being aware of your speech, rate and pacing, for example, and outside influences, can help you use your speech techniques more effectively.*



My name is Spencer. I live in Cedar Park, TX. I go to Ronald Reagan Elementary. My speech teachers are Mrs. T and Miss Alyssa. They give me tactics to help me have smooth speech. For example, we use pausing, slow rate, easy starts, full breath, stretchy speech, and light contact. Sometimes I like to play with my friends. I also like to play with my dog, Xane. He is much bigger than he looks in the picture!  
*Spencer, 9, Cedar Park, TX*

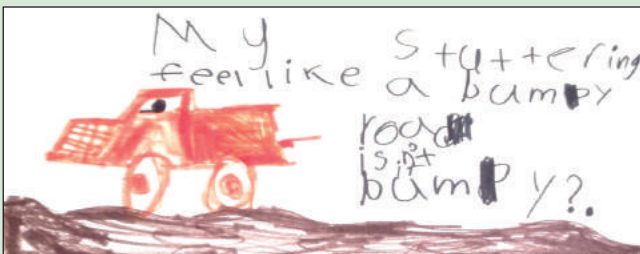


Hi, my name is Te'Asia. I am 8 years old. I live in Charleston, West Virginia. I go to Kenna Elementary School. I like to dance and help take care of my baby sister. I want to share what I know about stuttering.

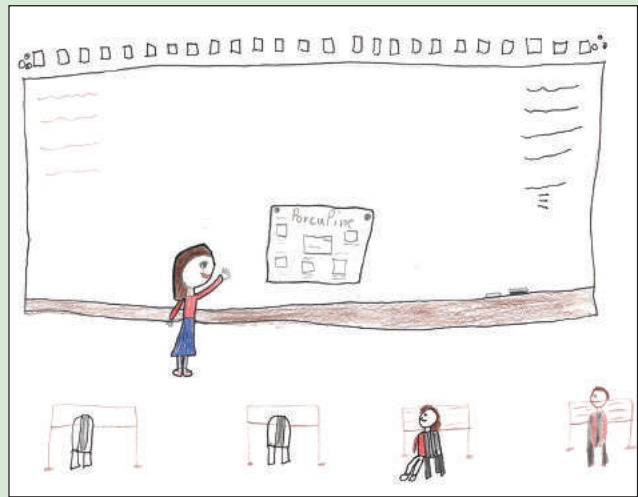
- Don't be scared of what you're going to do in speech.
- When you don't want people to make fun of you, listen to yourself about what you want to say.
- Learn about stuttering. It helps you understand what happens when you speak.
- When you want to talk, "say it yourself." Don't let anyone else say it for you.
- I have post it notes in class. I write down things I do not want to talk about.

I have a question: Will I ever stop stuttering? Here is a picture I drew of me and my baby sister. Te'Asia, 8, Charleston, WV

*Editor's Note: Te'Asia, that is a good question, but nearly impossible to answer. Many children go through a period of stuttering and then it goes away, especially with therapy intervention. However, about 1% of the overall population will continue to stutter. You are doing the smart thing by learning strategies to help you – you will always have those tools with you.*



My name is Ryan. I am six years old. I'm a boy who stutters. I am good at eating and diving. I like parties. I started stuttering when I was four years old I think. I use slow rate to help me get better. My stuttering feels like a bumpy road – isn't it bumpy? Ryan, 6, Boulder, CO



Hello, my name is Katie and I am 10 years old. I am in 4th grade. I live in Minnesota. I started stuttering when I was about 4 years old. I have gone to speech therapy for many years and have seen 5 different speech therapists! None of them really worked until I started going to school at First Baptist School. I have been seeing a speech therapist there and my speech is improving a lot. My best strategies are belly breathing, and stop/start over. I am also working on slowing my rate, fake stuttering, and phrasing. When I first came to speech therapy, I couldn't talk at all but now I talk amazingly! I did a presentation about porcupines in front of my whole class, and I was scared. I stuttered, but it was okay. I felt proud of myself for being brave.

Katie, 10, Apple Valley, MN



My name is Samara Rose. I am 10 years old. I live in Iowa. I love basketball and ballet and cheerleading. I am the only girl in my school that stutters. I learned how to control my stuttering with some help by my speech teacher. She taught me about slow easy speech. Slow easy speech helps me because it is easy for me to understand. The other kids that I learned about from reading their letters have good ways, too.

Samara Rose, 10, Fort Dodge, IA

*Continued on page 24*

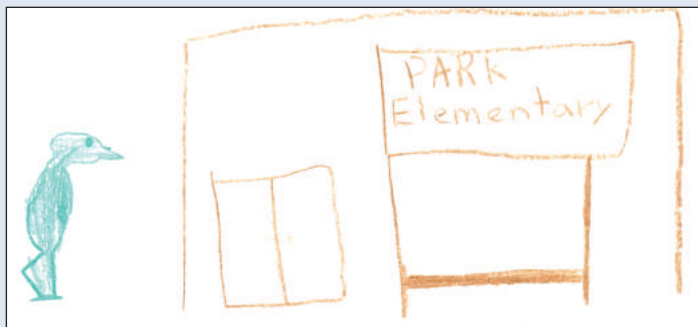
## Letters

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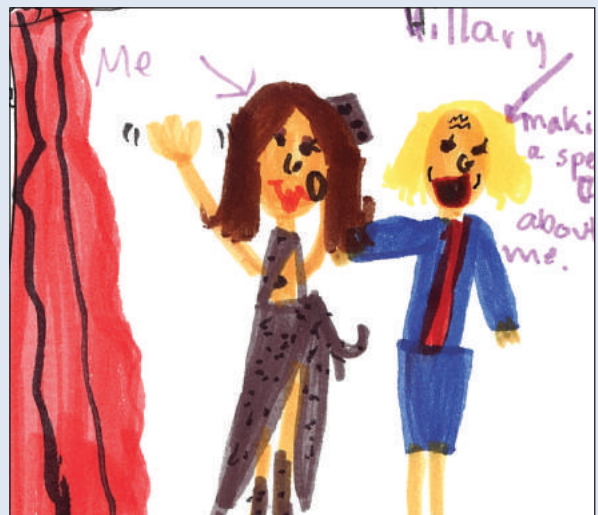
Hi, my name is Jayce. I am 8 years old. My family and I like to play games like castle crashes. I'm in 3rd grade. I learn at Green Run Elementary School. I stutter. I don't care because I was born stuttering. I use a belly breath and pull-outs.

*Jayce, 8, Virginia Beach, VA*



Hi my name is Sawyer and I'm in third grade at Park Elementary in Kearney Nebraska. I love football and the flag football team I play on is called the Seahawks. I am 8 years old and I stutter. It feels like I am the only one that stutters at my school but I know I am not, but sometimes I think that. I started to stutter when I was in preschool. I've been in speech therapy for 5 years. My mom and my dad as well as many of my other relatives stutter too. I get frustrated when I am stuck on a word. Some strategies I use to not stutter are stretching, bouncing, and slowing the rate of my speech. My favorite strategy to use is stretching which is when you prolong the sounds in a word.

*Sawyer, 8, Kearney, NE*



Howdy! My name is Hazel. I am 8 years old. I am in 2nd grade. I like to write, read, color, and play soccer and Legos. However, my favorite thing to do is act. I have been stuttering ever since I learned to talk. I used to stutter bad and push very hard on my words and I even gave up on some of my sentences!! Then my mama started taking me to Ms. Julianne, and I learned how to let it out easy, blend, and talk slow. I used to feel embarrassed and confused and sometimes even angry at my speech. Now I feel confident and unique because I know stuttering makes me special!! (And I get to see Ms. Julianne and she's always fun.)

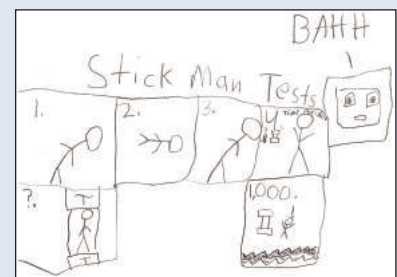
Now I am an actress and have been in only one play, but I am going to be in another one. I am a future Broadway star and I can feel it in my bones! Maybe someday a little girl will have a list of famous people who stutter and she'll say, "Oh, I know her! Hazel is a famous Broadway star!" Hey! It could happen! Just like Marilyn Monroe, I have a big dream and am determined to meet my goal. And just like Marilyn Monroe, Stuttering Won't Stop Me!

*Hazel, 8, Omaha, NE*

Hi my name is Gabriel! I'm 8 years old. I like to play horror games. My cousins and friends make fun of me be-

cause I stutter a lot. I keep forgetting to use my techniques. I usually stutter when I'm scared or nervous. I sometimes use pause often. I like speech for helping me so far!

*Gabriel, 8, Westville, NJ*







I can compare my stuttering to a glitchy video game.  
Leif, 7, Fort Dodge, IA



Here is what you should know about stuttering so that you have the facts and know how to be helpful when someone is stuttering:

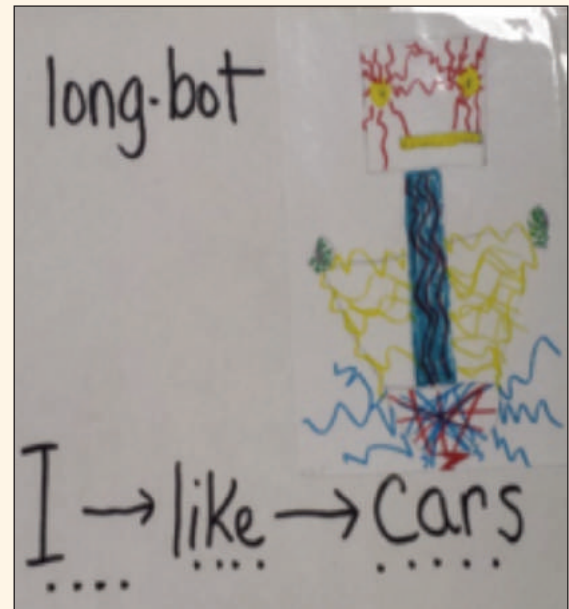
- Stuttering is awesome.
- Most kids who stutter start by 5 years old.
- You can't cure stuttering by taking medicine.
- You can help by not stepping on my words. You can help me by not talking for me. Give me time to speak. Thank you!

Liam, 7, Worcester, MA



My name is Isaiah. I am 8 years old. I have been stuttering since Preschool. I am in the third grade. My strategies are pausing, stretching, easing in, light contact and using "smooth speech". I think the best one to me is "smooth speech" and stretching. There are many kinds of strategies to use like even singing can help stop the stuttering.

Isaiah, 8, Fort McDowell, AZ



Hi, my name is Zander. I am 10 years old and I am in the fourth grade. I am interested in ocean animals and marine life. I saw a stingray and touched a sand shark. I also picked up a baby hammerhead shark on my last trip to Florida. I perform in theater groups. I have been in 4 musicals. I have had talking lines in them too. I have used strategies for easy speech. If I get stuck, I breathe and slide out of being stuck by making words long. In my speech class, we have talked about different ways of talking and I created a new way, called "Longbot." "Long" is stretching out my words and "bot" is talking like a robot. Here is a picture of "Longbot."

Zander, 10, Plover, WI

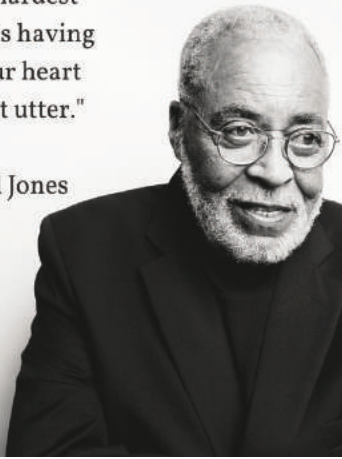


My name is Nate. I am 6 years old and I live in Austin, Texas. I go to Reagan Elementary. I go to speech to work on bumpy speech. I use my slow strategy the most. I like to play Legos, make art and play with my friends outside when I'm not at school.

Nate, 6, Austin, TX

"One of the hardest things in life is having words in your heart that you can't utter."

-James Earl Jones



"Stuttering doesn't really get much press anywhere because we don't speak up. We avoid speaking if we can. I do believe that needs to change, and if I can be a small part of that, that would be pretty cool."

-Sophie Gustafson

Myth: People who stutter are not smart.

Reality: There is no link whatsoever between stuttering and intelligence.



"IT'S NOTHING TO BE ASHAMED OF TO HAVE A STUTTER."

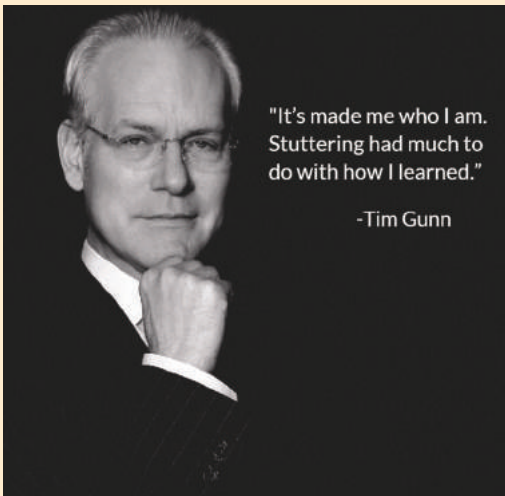
EMILY BLUNT

"If you're asking for tea when you want coffee because of that tricky 'c,' find a speech therapist you can work with, stick at it, and start ordering your coffee."

-David Mitchell

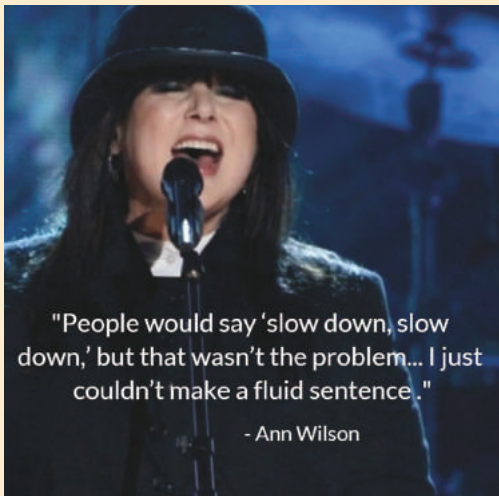


THE ONE THING I'VE LEARNED IS THAT STUTTERING IN PUBLIC IS NEVER AS BAD AS I FEAR IT WILL BE.



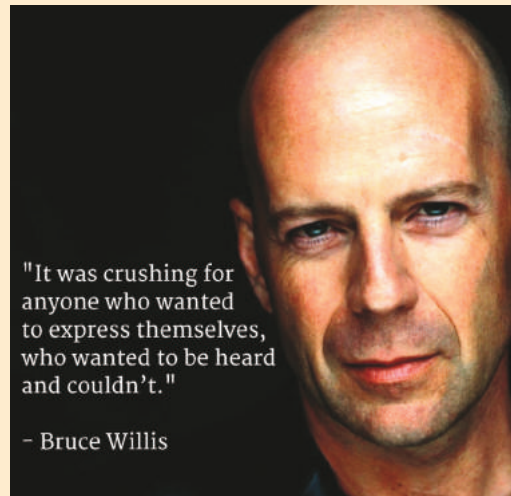
"It's made me who I am. Stuttering had much to do with how I learned."

-Tim Gunn



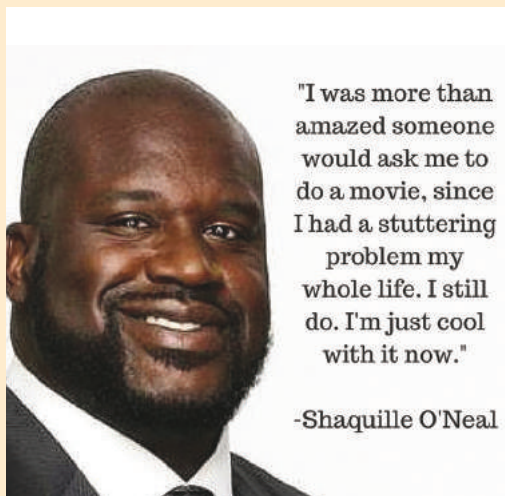
"People would say 'slow down, slow down,' but that wasn't the problem... I just couldn't make a fluid sentence."

- Ann Wilson



"It was crushing for anyone who wanted to express themselves, who wanted to be heard and couldn't."

- Bruce Willis



"I was more than amazed someone would ask me to do a movie, since I had a stuttering problem my whole life. I still do. I'm just cool with it now."

-Shaquille O'Neal

Stuttering is OK! Because what I say is worth repeating.



### Famous Baseball Players Who Stutter

Johnny Damon

Bo Jackson

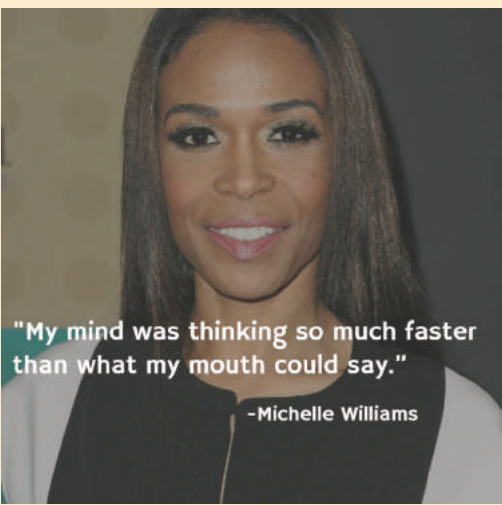
Tommy John

George Springer



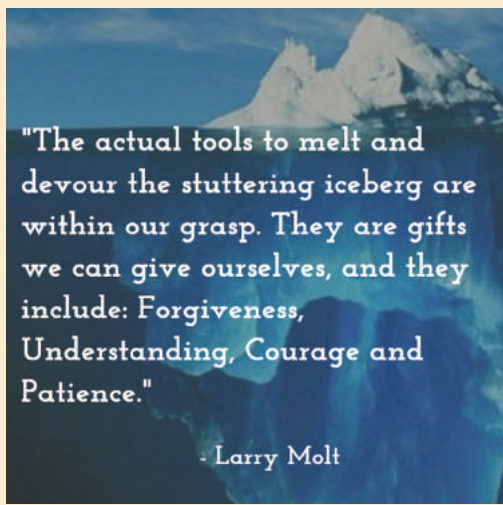
[www.StutteringHelp.org](http://www.StutteringHelp.org)





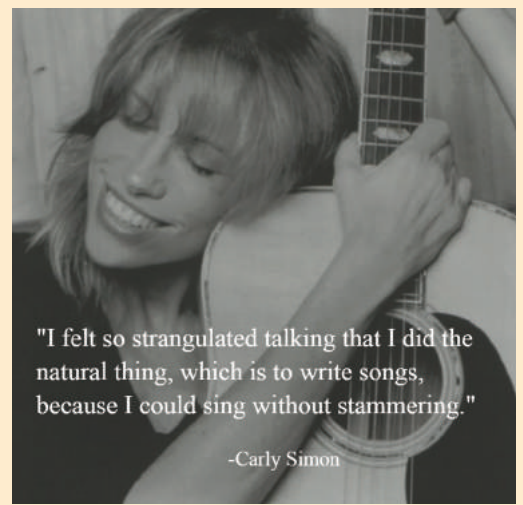
"My mind was thinking so much faster than what my mouth could say."

-Michelle Williams



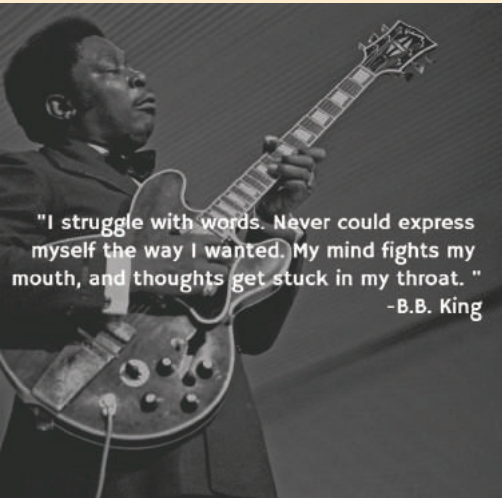
"The actual tools to melt and devour the stuttering iceberg are within our grasp. They are gifts we can give ourselves, and they include: Forgiveness, Understanding, Courage and Patience."

- Larry Molt



"I felt so strangulated talking that I did the natural thing, which is to write songs, because I could sing without stammering."

-Carly Simon

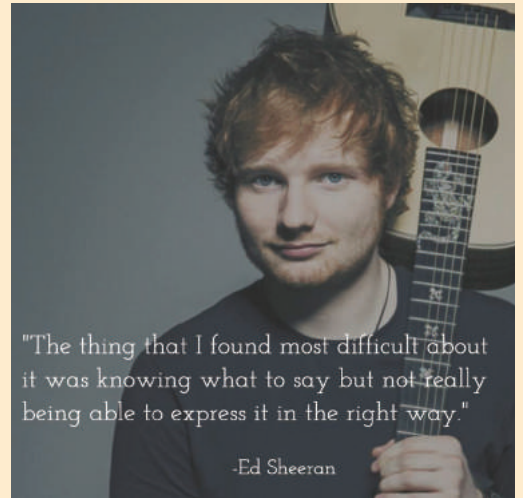


"I struggle with words. Never could express myself the way I wanted. My mind fights my mouth, and thoughts get stuck in my throat."

-B.B. King

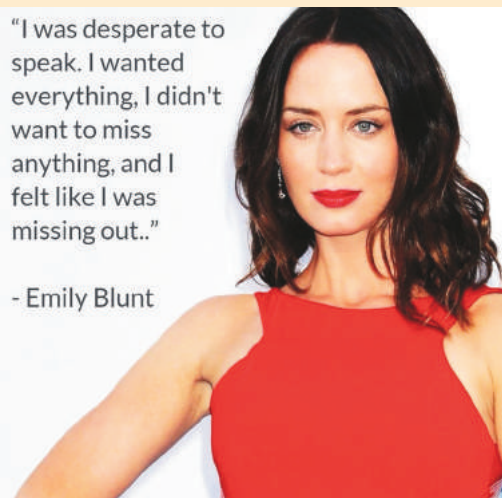


Help for children who stutter is as close as the library.



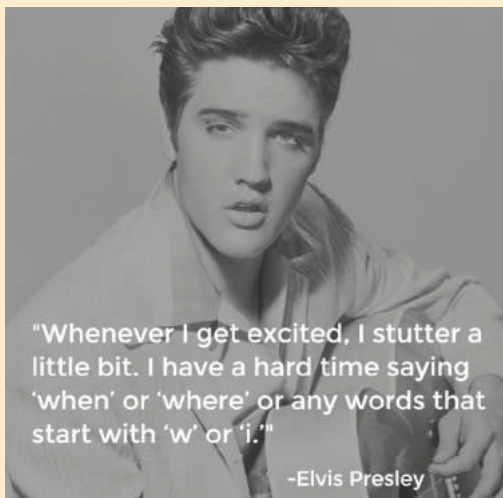
"The thing that I found most difficult about it was knowing what to say but not really being able to express it in the right way."

-Ed Sheeran



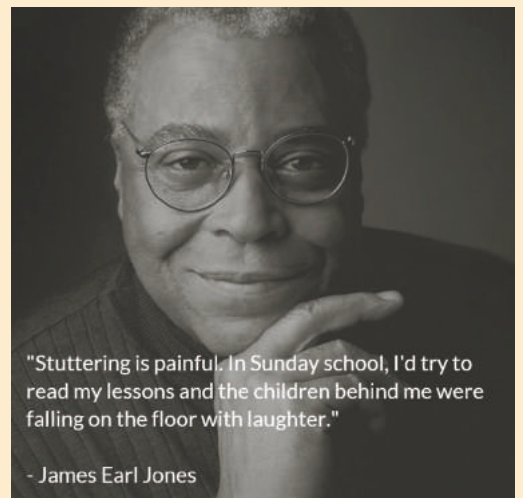
"I was desperate to speak. I wanted everything, I didn't want to miss anything, and I felt like I was missing out.."

- Emily Blunt



"Whenever I get excited, I stutter a little bit. I have a hard time saying 'when' or 'where' or any words that start with 'w' or 'i.'"

-Elvis Presley



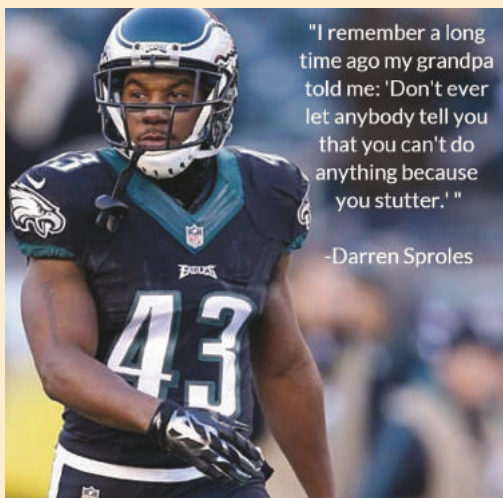
"Stuttering is painful. In Sunday school, I'd try to read my lessons and the children behind me were falling on the floor with laughter."

- James Earl Jones



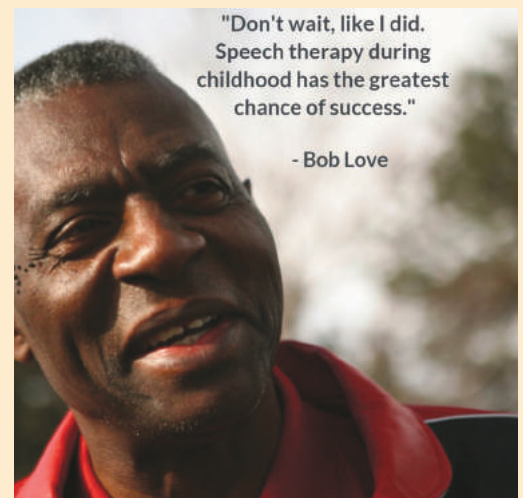
"We have a voice. We have been heard."

David Seidler



"I remember a long time ago my grandpa told me: 'Don't ever let anybody tell you that you can't do anything because you stutter.'"

-Darren Sproles



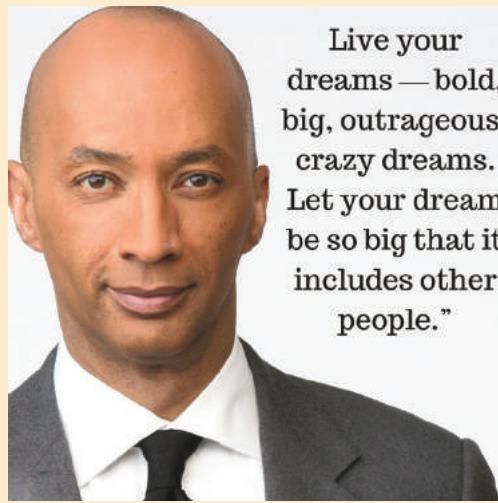
"Don't wait, like I did. Speech therapy during childhood has the greatest chance of success."

- Bob Love

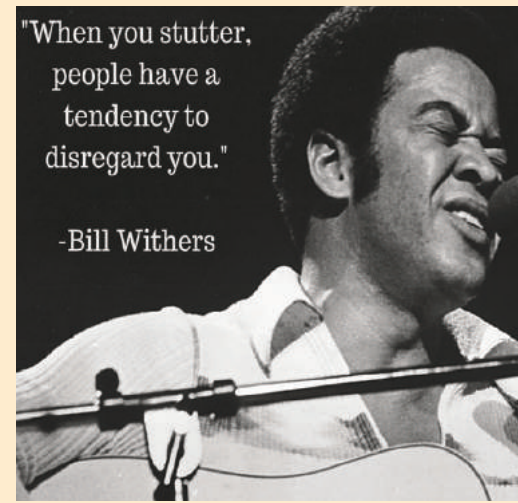


"Now I'm more able to feel that if people have a problem with my stammer, that problem is theirs and not mine."

- David Mitchell



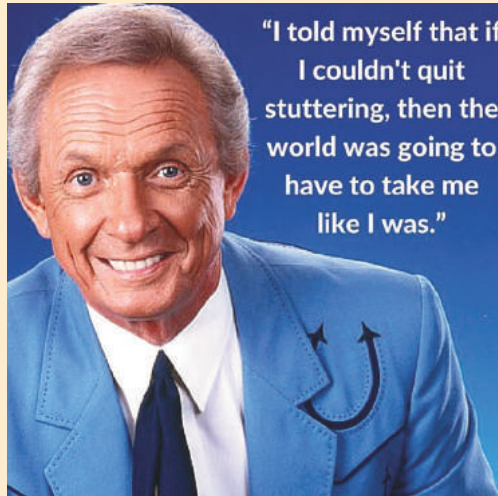
Live your dreams — bold, big, outrageous, crazy dreams. Let your dream be so big that it includes other people."



"When you stutter, people have a tendency to disregard you."

-Bill Withers

More than 70 million people worldwide stutter, or about 1% of the population.

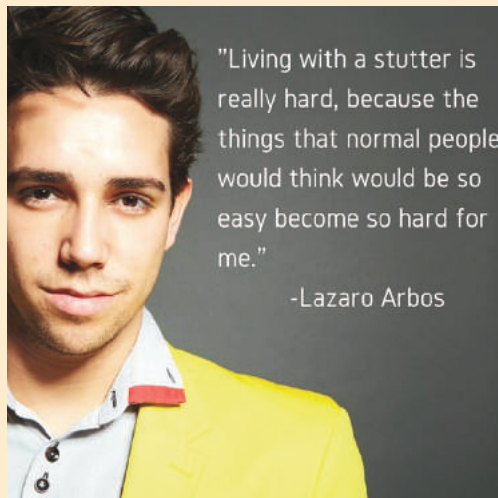


"I told myself that if I couldn't quit stuttering, then the world was going to have to take me like I was."

I have spent my entire life in a constant war with a debilitating stutter. Every moment that I speak has become a battle of deception, guile, and reflexive survival with an enemy made of the whole cloth of me. Yet I have become stronger with each encounter. I am braver because of my fear, I am ordered because of the chaos in my throat, I am me because of what I am.

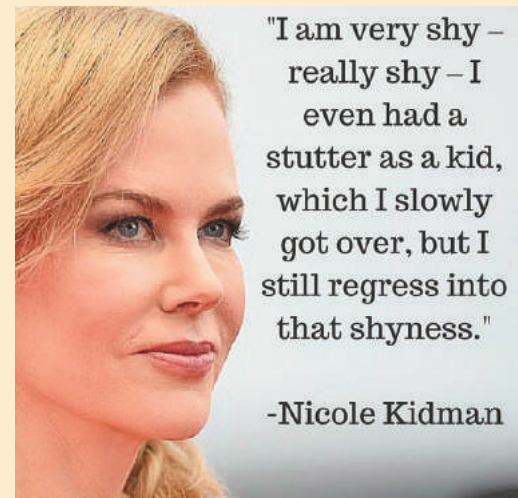


Speak with your child in an unhurried way, pausing frequently.



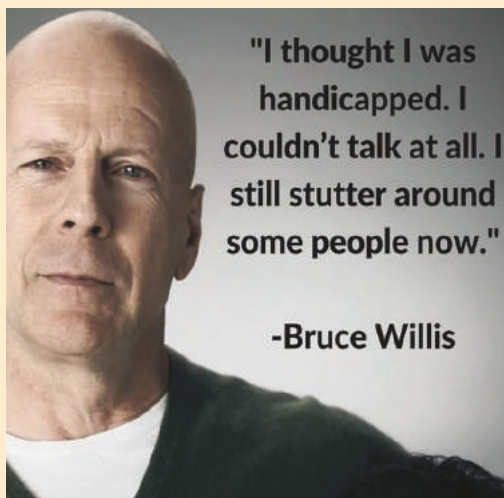
"Living with a stutter is really hard, because the things that normal people would think would be so easy become so hard for me."

-Lazaro Arbos



"I am very shy — really shy — I even had a stutter as a kid, which I slowly got over, but I still regress into that shyness."

-Nicole Kidman

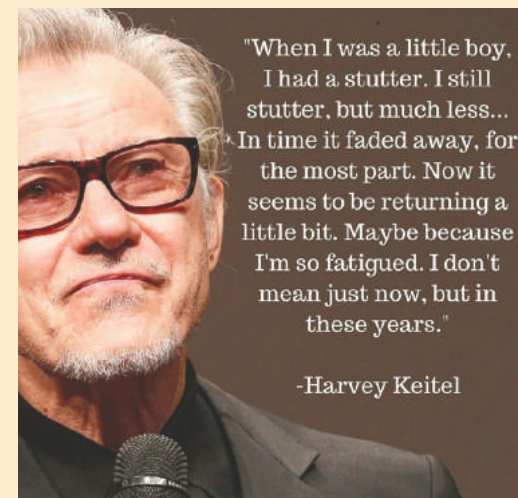


"I thought I was handicapped. I couldn't talk at all. I still stutter around some people now."

-Bruce Willis

"There is no easy road to fluency. For therapy to accomplish its purpose, it will take determination."

-Malcolm Fraser, Our Founder



"When I was a little boy, I had a stutter. I still stutter, but much less... In time it faded away, for the most part. Now it seems to be returning a little bit. Maybe because I'm so fatigued. I don't mean just now, but in these years."

-Harvey Keitel

"It seems strange to me now, when I make my living talking, mostly without written material or rehearsal, but I stuttered badly as a child. This made me ill at ease in school and with other children."

-Jack Paar

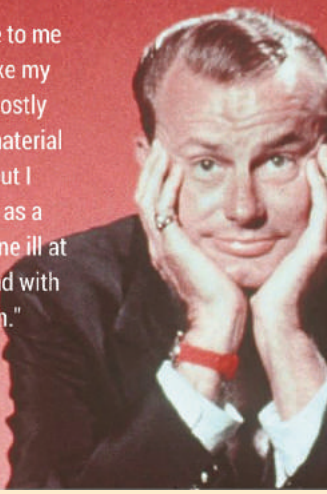


PHOTO AP

70 million people in the world stutter.

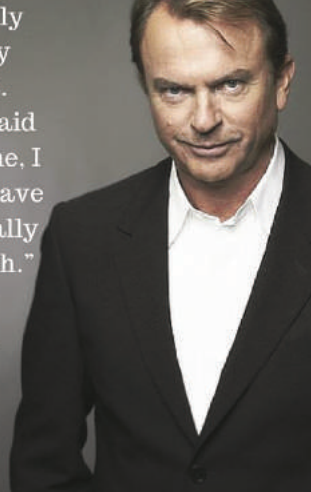


That's more than the total population of the United Kingdom.

Past research has shown that when you are open about your stuttering to your employer, you are far more comfortable in your workplace. If you hide your stuttering, you not only put yourself under tremendous pressure, but also limit your effectiveness on the job.

"I was painfully shy, probably because of it. When people said something to me, I was afraid I'd have to reply so I really didn't say much."

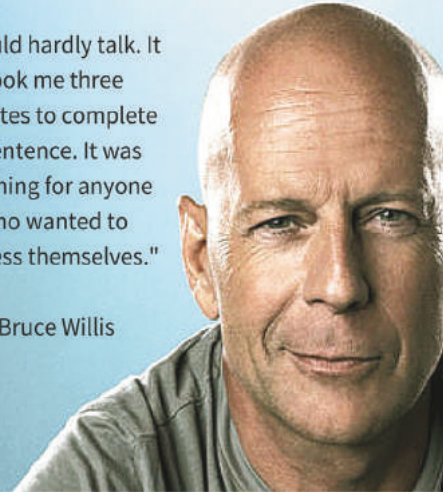
-Sam Neill



Don't make stuttering something to be ashamed of. Talk about stuttering just like any other matter.

"I could hardly talk. It took me three minutes to complete a sentence. It was crushing for anyone who wanted to express themselves."

-Bruce Willis



"It's said that stutters are like snowflakes because no two are alike. I can share thousands of stuttering stories, both horrific and hilarious. If you are a person who stutters, you have your stories too. We are unique. I challenge you to bask in that uniqueness. Flaunt it."

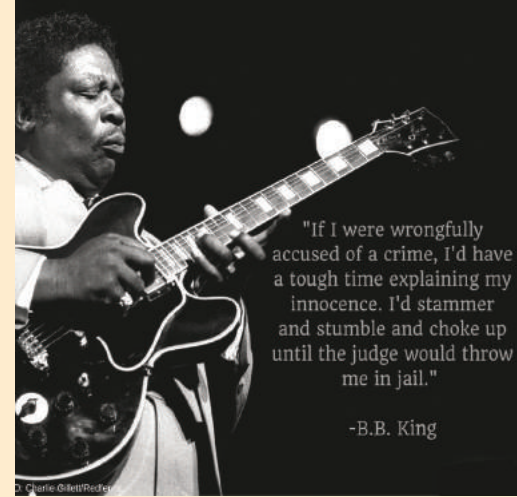
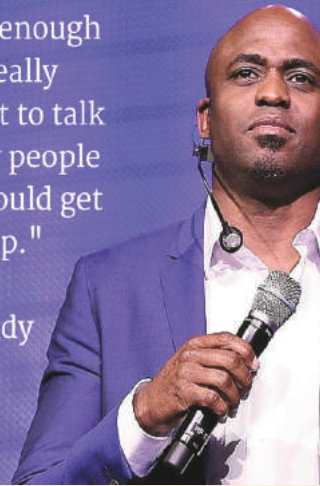
-Vince Vawter



THE STUTTERING FOUNDATION

"It was bad enough to where I really did not want to talk to too many people because I would get so worked up."

-Wayne Brady

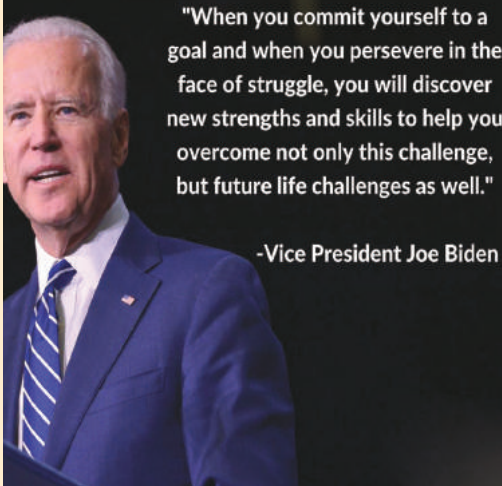


"If I were wrongfully accused of a crime, I'd have a tough time explaining my innocence. I'd stammer and stumble and choke up until the judge would throw me in jail."

-B.B. King

"When you commit yourself to a goal and when you persevere in the face of struggle, you will discover new strengths and skills to help you overcome not only this challenge, but future life challenges as well."

-Vice President Joe Biden



"As a kid, I used to stutter. I think that's why I put my energy into making music. That's how I get my thoughts out, instead of being crazy all the time."

-Kendrick Lamar



"I would talk to my dog and he would sit there and listen, and he'd fall asleep. I finally learned how to do that, without stuttering."

-Tiger Woods



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### Using Cognitive Approaches with People Who Stutter

The Stuttering Foundation's Eastern Workshop is June 13-17, 2016, at Boston University. Workshop leaders are Elaine Kenman, MSc, Cert CT, Cert MRCSLT, and Alison Nicholas, MSc, BA (Hons), CertMRCSLT, of the Michael Palin Centre for Stammering Children. Conference coordinator is Diane Parris Constantino, M.S., CCC-SLP of Boston University.

### Treating Children and Adolescents Who Stutter

The Stuttering Foundation's Mid-Atlantic Workshop is June 13-17, 2016, in Philadelphia, PA.

It is co-sponsored by The Stuttering Foundation, The Florida State University, and The Children's Hospital of Philadelphia.

Workshop leaders are Joseph Donaher, Ph.D., CCC-SLP, The Children's Hospital of Philadelphia; Lisa A. Scott, Ph.D., CCC-SLP, The Florida State University; and Vivian Sisskin, M.S., CCC-SLP, University of Maryland.

### Designing Coursework in the Nature and Treatment of Stuttering

This workshop for university faculty and doctoral students is May 24-27, 2016, in Iowa City, IA.

The workshop is co-sponsored by The Stuttering Foundation and the University of Iowa.

## Ways to Celebrate National Stuttering Awareness Week

National Stuttering Awareness Week is May 9-15. Find a list of things you can do to spread the word at [StutteringHelp.org/NSAW](http://StutteringHelp.org/NSAW)

Workshop leaders are Lisa A. Scott, Ph.D., The Florida State University; Vivian Sisskin, M.S., University of Maryland; and Patricia Zebrowski, Ph.D., University of Iowa.

The workshop ***Demands & Capacities Model (RESTART) for Treatment of Pre-school Children Who Stutter*** will take place July 14-16, 2016, at Rotterdam Erasmus University Medical Centre, The Netherlands. It is organized by Marie-Christine Franken, Ph.D. and Ellen Laroes. For more information, e-mail [restartdcm@erasmusmc.nl](mailto:restartdcm@erasmusmc.nl) or visit [www.erasmusmc.nl/kno/restartdcm](http://www.erasmusmc.nl/kno/restartdcm).

**The National Stuttering Association and the International Stuttering Association** will hold a joint World Congress July 6-10, 2016, with a two-day clinical symposium July 5-6 in Atlanta. Visit [www.westutter.org](http://www.westutter.org) or [www.isastutter.org](http://www.isastutter.org) for more information.

The annual **FRIENDS Convention** will be July 28-30, 2016, in Columbus, OH. For more information, visit [www.friendswhostutter.org](http://www.friendswhostutter.org).

**Camp SAY** is Aug. 2-16, 2016, in Hendersonville, NC. For more information, visit [www.say.org](http://www.say.org).

**Camp Shout Out** is from Aug. 7-13, 2016. For more information, visit [www.campshoutout.org](http://www.campshoutout.org).

*Greenhorn*, a book by Anna Olswanger, has been made into a short film. It is about a young Holocaust survivor who arrives at a Brooklyn yeshiva in the 1940s with only a small box that he won't let out of his sight. Like the book, the film, which involves disabilities and bullying, is based on a true story. The film has been shown at schools, movie festivals, and on local TV stations. It is available for purchase on Amazon.com.



**Volume 24, Issue 2**  
The Stuttering Foundation was founded in 1947 by Malcolm Fraser, 1903-1994

**Read more about our founder, Malcolm Fraser, online at [StutteringHelp.org/about-founder](http://StutteringHelp.org/about-founder)**

Special thanks to Joan Warner, Patty Reed, Ron Shafer, Rachele Loir, Donna White, Greg Wilson, Patricia Adams, Jane Fraser, and Scot Squires.