



THE STUTTERING FOUNDATION

A Nonprofit Organization

SUMMER 2018

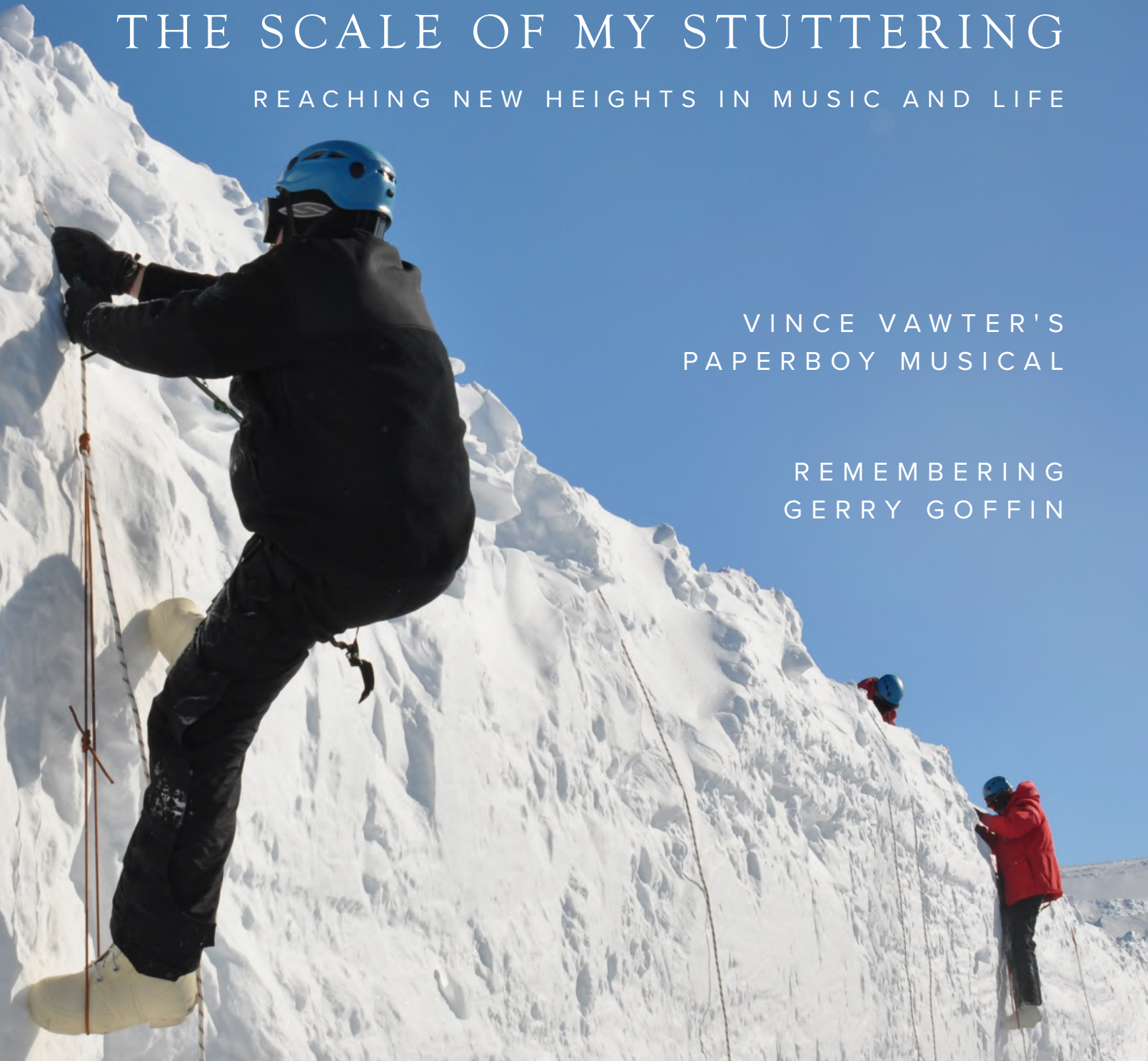
Since 1947... Helping Those Who Stutter

COMPOSER GLENN MCCLURE THE SCALE OF MY STUTTERING

REACHING NEW HEIGHTS IN MUSIC AND LIFE

VINCE VAWTER'S
PAPERBOY MUSICAL

REMEMBERING
GERRY GOFFIN



Glenn McClure caught our attention in an article from the Rochester City Paper. In 2016, Glenn traveled to Antarctica to study changes in the ice—and to use the data he collected in a new musical project, the latest in McClure's history of combining math, music, and nature. A self-identified "severe stutterer," Glenn is a professor at Paul Smiths College in the Adirondacks, in New York state.

WHAT YOU DO?

I am a composer and teacher. My musical interests focus on civic issues including racial equality and environmental justice. I compose mostly vocal music, including choral works and operas. I have taught Music, History, and the Humanities at the Eastman School of Music, the State University of New York (SUNY) at Geneseo, and currently at Paul Smiths College in the Adirondacks.

WHAT ARE YOUR HOBBIES AND INTERESTS?

I worked as a chef long enough to realize that I love cooking in a way that didn't have to be my job. I cook for my family and for many philanthropic events each year. I enjoy good friends, good food, good music, and good family.

HOW HAVE YOU BEEN SUCCESSFUL IN YOUR CAREER?

Success is often in the eyes of the beholder. In terms of traditional career measures, I have written music for the European Space Agency Choir in Darmstadt, Germany and served as an Artist and Writers Fellow for the National Science Foundation in Antarctica. I received awards from the National Endowment for the Arts/Opera Division and served as a National Teaching Artist Fellow for the Kennedy Center Office of Disability/VSA. I received the Chancellors Award for Adjunct Teaching which is the highest award given by SUNY.



DO YOU REMEMBER WHEN YOU FIRST BEGAN TO STUTTER, AND DID YOU SEEK TREATMENT?

I have stuttered since my first attempts at speech. There was a once-a-week speech therapy service in my small, rural public school but that didn't help. At the age of 11, I participated in an intensive, six-week, residential clinic at SUNY Geneseo that taught me a control of the disability that I still use every time I speak. When I hold the controls at the highest level, my speech is better than normal disfluency but it is also exhausting. I use the controls at this high level for my college lecturing and other professional duties, then dial it back to 60-70 percent when I am with family and friends. This control has allowed me to hold a very public job.

WHAT WAS YOUR EXPERIENCE WITH STUTTERING AS A CHILD?

My disability is labeled "severe." The only time I could open my mouth without stuttering was when I sang. Music became very important to me as a child. It was the only time I felt powerful and beautiful. It was the only time I could share my thoughts and feelings with others.

My mother was a primary school teacher in the small K-12 school district I attended. During my kindergarten evaluation, the school district recommended that I be placed in the special education tract because, at that point, it was assumed that severe stuttering indicated cognitive delays and other learning disabilities. Administrative norms of the time made it nearly impossible for a student to move from a special education tract to the mainstream tract. As an experienced educator, my mother knew that I had no developmental delays and she fought my special education placement for several years. Many of her colleagues at other grade levels joined the administrative fight. She was proven correct 11 years later when I graduated one year early as the valedictorian. I was lucky to have a mother who understood my disability and to have numerous teachers in my district as advocates. So many other children don't have such luxuries and young stutterers have been channeled in educational pathways that belie their often hidden abilities.

HAS YOUR STUTTERING GOTTEN WORSE OR BETTER SINCE YOU WERE YOUNGER?

It hasn't changed. As soon as I "turn off" the controls, I stutter at the same level I did as a child.



HOW DID IT AFFECT YOU GROWING UP?

I always sought opportunities to sing, to act, to speak publicly even before I learned the controls. Singing was the easiest way to be like the other kids. Acting also diffused the stuttering as long as I stayed in character. My teachers would never let me retreat from speaking when they knew I had something to say. For them, even when they placed me in situations where I would stutter publicly, I am deeply grateful.

HOW DOES STUTTERING AFFECT YOU AS A PROFESSOR?

I begin every class with an introduction that includes an explanation of my disability and a demonstration of my natural speech without the controls. I do this to ensure that my students will not be distracted on the days when, due to fatigue or sickness, I may not be able to hold the controls to the highest level. I have found that this builds trust with my students. It breaks through some of the barriers between teacher and student inherent in the college classroom. It tends to encourage more open and honest conversation, more trusted risk-taking in small/large group discussion, and a willingness to apply the big ideas of Humanities authors to their lives in concrete ways.

WHAT HAS IT INSPIRED YOU TO RESEARCH/WRITE ABOUT?

I never wanted to be the stutterer who plays music. I just wanted to be a musician. Similarly, I never wanted to be the stutterer who is a good teacher. I just wanted to be a good teacher. Now, in middle age, after having played and composed music from Carnegie Hall to Antarctica, I have come to reflect more on the relationship between my disability and my music. My fellowship with Kennedy Center supported this exploration.

Before I learned the control that I now use, music provided the only relief from the physical and emotional distress of stuttering. Music circumnavigates this disability in the human brain and has a measurable effect. Stuttering silenced me, music gave me a voice. I have come to realize that this has driven much of my musical and scholarly work.

That is why my undergraduate thesis project focused on the music and stories of the forgotten elderly population in the former coal fields of Central Pennsylvania.

That is why my master's research focused on new strategies to use student artwork to increase the effectiveness in health education in an orphanage on the coast of Ghana, West Africa.

"I CONTINUE TO ENJOY PEELING BACK THE LAYERS OF UNDERSTANDING OF HOW MY STUTTERING MOLDS AND SHAPES MY WORK."

That is why I seek the hidden voices in the silence of the ice. Sonifying (translating numerical data sets into melodies and harmonies) Antarctic data gives a new musical voice to the effects of climate change.

I continue to enjoy peeling back the layers of understanding of how my stuttering molds and shapes my work. I am thankful for all the people that help me along this unfolding journey.

WHAT ARE THE BIGGEST CHALLENGES STUTTERING HAS PRESENTED?

The daily fatigue of holding on to the controls.

WHAT IS YOUR GREATEST ACCOMPLISHMENT WITH REGARD TO STUTTERING?

Every time I get through a speaking situation is an achievement, especially those high-profile situations where stress and pressure push back on the controls. If achievement is defined by holding the controls against various pressures and distractions, I guess the times when I have given public addresses and TEDx talks or negotiated in Italian or Spanish count among those times. If achievement means turning off the controls to reach out to children that struggle with any number of challenges, then I can count those times. If achievement means controlling my speech so I can share my love and devotion to my wife and children, especially when it's difficult, then we can count those times. If achievement means composing music out of the desire to communicate those things that I couldn't because of stuttering or those things that go beyond words, let's count those times too.



Lincoln Center, Avery Fisher Hall Performance of the Kyrie with the Nyack College Choir

BASED UPON YOUR EXPERIENCES, WHAT WOULD YOU LIKE TO TELL CHILDREN WHO STUTTER?

Saying that we can all overcome our disabilities and rise above the challenges is a cliché that doesn't always offer much comfort. This trope, while well intentioned, all too easily glosses over the daily grind unique to every individual. It assumes that we overcome our disabilities as rugged individuals with some mystical inner strength innate to those with disabilities. It also ignores that fact that, disability or not, we succeed as part of the communities that nurture, support, and challenge us. I suggest that we place this aspirational story within the reality of our support communities. Find people that believe in you. Surround your inner drive to succeed with those people that cheer you on. Look for those people that will speak truth to you and those willing to walk with you on some part of your journey when the road is easy and when it is difficult.

BASED UPON YOUR EXPERIENCES, WHAT WOULD YOU TELL PARENTS OF CHILDREN WHO STUTTER?

My mother and her fellow educators demonstrated how adult leaders need to thoughtfully and, when necessary, forcefully advocate for stutterers who face the institutional misconceptions that limit their opportunities. There is nothing easy about this. Research-based understanding of stuttering has advanced since my elementary school days, but parents and teachers must be willing to find the point where accepted theories shift from helping most children in the aggregate to impeding an individual child whose experience may not align with the majority data. With all the pressures facing parents and educators alike, the heroic attention necessary to defend one child against the best-intentioned institutions can be more exhausting than a stuttering disability. I stand humbled in the memory of those who helped me.

"THIS IS THE MINUTE-BY-MINUTE MONITORING OF EVERY MOVE THAT PLACES ONE FOOT IN FRONT OF THE OTHER, OR THE CASE OF A STUTTERER, ONE WORD IN FRONT OF THE OTHER. WE SHARE THIS HABIT OF LIVING. WE ALSO RELISH THOSE SWEET TIMES WHEN SOMETHING BEAUTIFUL, LIKE A PIECE OF MUSIC, TAKES IT AWAY, EVEN FOR A MOMENT."

WHAT ELSE SHOULD WE KNOW?

Every time I speak, half of my brain is thinking about the words I am saying, reading the response of those who are listening, and making the necessary adjustments to move my ideas forward. The other half of my brain is devoted to the continuous control of every muscle that makes those words. There are always two parallel thought paths in my head that remain dependent upon each other. People who find themselves as separate from the mainstream, whether it be due to disability, race, gender, economic status, etc., carries two parallel paths in the minds and hearts. We go about the business of advancing our projects and ideas while at the same time monitoring/controlling the mechanics, the assumptions, and the barriers inherent to our particular challenge. This is different from the occasional moments taken by every thoughtful human for self-examination. This is the minute-by-minute monitoring of every move that places one foot in front of the other, or in the case of a stutterer, one word in front of the other. We share this habit of living. We also relish those sweet times when something beautiful, like a piece of music, takes it away, even for a moment.



Here's what some of our more than **261,000 friends** are talking about in our Facebook community

Stuttering Foundation @stutteringhelp



Stuttering Foundation



Luna: Thanks for your patience & understanding Alex! It's not always the easiest but he always lets me finish what I'm trying to say, no matter the situation. I love you!



Alicia: I thank my husband Frank for being patient, understanding, and compassionate. Sometimes I get so upset at myself when I stutter but when it comes to my husband he eases my mind and makes me feel like I don't have a stutter! He always knows when I want and when I don't want him to finish my sentences.



Lori: I met my husband when I started grad school for speech pathology. My stuttering was severe at that time but it never mattered to him. We both accept each other for the unique people we are. My parents are married 57 years and my dad stuttered severely. My mom was 14 and my dad 16 when they met. It worked. My mom love to talk and my dad love to listen. Funny, 57 years later they both love to talk so sometimes that can be a problem; when I am with them we all never stop. Stuttering does not define me or my dad. My husband encouraged me to follow my dreams and specialize in stuttering to help others.



Stuttering Foundation



LSU Stuttering Lab Aims to Erase Misconceptions About Stuttering



Anna: As a mom of an 8-year-old boy who has stuttered since he was 3, I love seeing new research. A lot of research on stuttering has not evolved over the years. I hope and pray you all find some concrete answers.



Stuttering Foundation



SFA Asks: How far do you have to ride to get to therapy?



Tanya: For the past 5 years we have traveled 1 hour and 45 minutes for therapy at Utah State University. Thankfully our favorite student clinician moved 30 minutes away from our home, so this year we only have to go 30 minutes. Worth very bit of time spent traveling to get help for my son...and education for myself.



Pedro: I had to catch 3 planes to go from Madeira Island, Portugal, to Spokane, to do the SSMP adult program, but it was worth it. Top therapists, some of them who stutter themselves, have helped me immensely! Thanks Stuttering Foundation for supporting the SSMP!



Stuttering Foundation

**SFA THURSDAY POLL:
Do you have a relative who stutters?**

64% YES

36% NO

195 Votes

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

STUTTERING ON THE STAGE

VINCE VAWTER'S PAPERBOY : THE MUSICAL



*Author Vince Vawter already had a 40-year career in newspapers behind him when he wrote *Paperboy*, a 2014 Newbery Honor-winning book about a boy who struggles with a stutter while growing up in segregated Memphis. Many of the stuttering struggles depicted in his novel are direct from his own childhood experiences. A long time friend of the Stuttering Foundation and an activist for stuttering people everywhere, Vince has also written a paper for *The Stuttering Homepage*, addressing many of his views after 60 years of living with a stutter. Fans of *Paperboy* can look forward to a sequel novel entitled *Copyboy*, hitting the bookshelves in 2018. Vince currently lives with his wife in Louisville, Tennessee on a small farm in the foothills of the Great Smoky Mountains. For more information on Vince Vawter's work, please visit vincevawter.com.*

For more than a year, celebrated author Vince Vawter has been collaborating with Jim Wann on a stage show that will be of great interest to the stuttering community: *Paperboy, A New Musical*. Vince, of course is the Newbery Honor Award Winner for his first book, *Paperboy*—and a great friend of the Stuttering Foundation.

Jim Wann, if you don't know the name already, created and performed in the Tony-nominated musical *Pump Boys* and

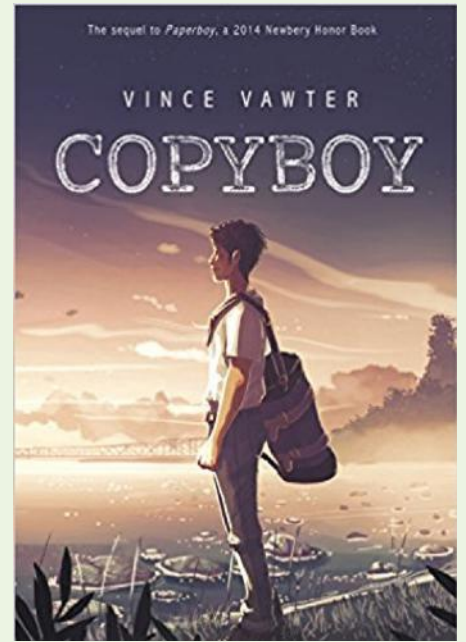
"MUSIC IS ALL ABOUT COMMUNICATION"

Dinettes that ran on Broadway for almost two years. Through the years, he has created numerous other musicals that are still performing up and down the East Coast. An outstanding singer and guitarist with a passion for songwriting, Jim is, as Vince attested, "the REAL deal."

"I loved the characters and story, and then one day a song popped into my head, based on the first sentences of the book," Jim remembered. "Then I wrote another one with the names of the streets in *Paperboy's* neighborhood. I loved the sound of those streets. And then another one about how typing makes the words "come out easy". Vince liked those so we went on down the road."

"Music is all about communication," Vince explained, "and both Jim and I thought a "Paperboy" musical offered an opportunity to tell the book's story in a unique way. I hope the fact is not lost that most of us who stutter have no trouble singing, not necessarily on key in my case."

Recently Vince and Jim had the opportunity to give a "sneak preview" performance for a group of students at Frederica Academy in Saint Simon's Island, Georgia. With Vince reading the script and Jim singing and playing guitar, their first test run was a success. "It was an experience I will never forget, unveiling a



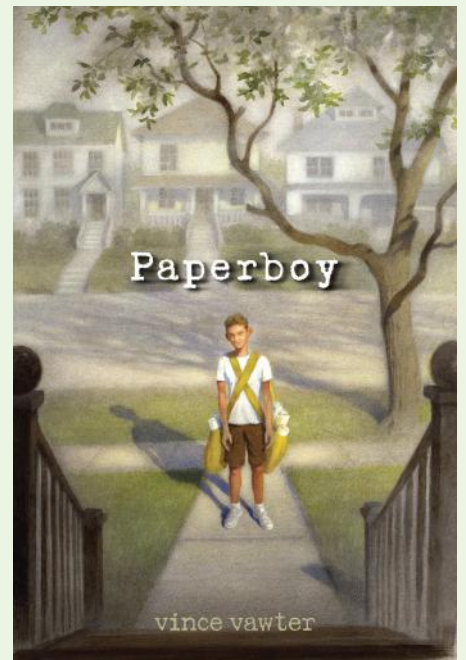
new and unique telling of Paperboy in music and lyrics,” said Vince. “We asked the students for feedback at the end of the session that went by far too quickly. They shared their feelings, which gave us confidence that this is a story that can be told in a musical setting.”

One of Jim’s original songs, Dancing With Our Hands, is written for a deaf character in the book. Jim’s rendition turned into a bit of spontaneous theater when a faculty member who knows American Sign Language volunteered to “sign” the song as he performed it. “We have in mind that characters will sign this song on stage as part of the performance. It was beautiful to see and hear,” added Vince.

Vince and Jim are hard at work putting together all the pieces to their new musical. “Jim has written more than a dozen original songs and I continue to work on the script. We don’t have a timeline or a producer yet, but we do want to see “Paperboy - A New Musical” on stage.”

"I've learned more about stuttering and thought about it a lot as we go along," Jim said. It's made me think of the challenge we all have communicating, hearing and being heard. I see a lot of the issues of our time through that prism now. Paperboy is brave and has a big heart and he's on a journey--he's the hero--and on some level, his quest is universal."

Vince’s sequel to Paperboy, titled Copyboy, is due out in August of 2018, and will be available on Amazon and in local bookstores.



Top left: Vince and Jim performing for the students at Frederica Academy.



DEAR SFA:

KIDS' LETTERS TO THE STUTTERING FOUNDATION



Dear stuttering foundation of America, my name is Maney and I am 14 years old. I've been stuttering since about the age of 4. I do not like my stuttering at all. Everytime the teacher calls on me in class I freeze up and dont know what to say. The class always stares at me and makes me uncom fortable.

Maney

Maney, 14, Sandy UT

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

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

The Stuttering Foundation

P.O. Box 11749

Memphis, TN 38111-0749

We attempt to respond to each child personally so please be sure to include adult SLP or parent contact information.

My Stuttering Feels Like Fire

My name is Oliver and I was stuttering when I was three. I like cars. I'm good at running. What helps me is trying to not do stuttering. What doesn't help me is making me almost stutter by thinking about it. My stuttering feels like fire.

Oliver, 5, from Jeffersonville, VT



Never Lose Your Dignity :)

Hello, my name is Angel and I am 11 years old. I live in Muskegon Michigan. I have been stuttering since pre-k or kindergarten. I'm in 5th grade. I haven't been stuttering recently, but when I want to say a word it comes out wrong. I retry and take a breath. My advice is Never Lose Your Dignity.

Angel, 11, from Muskegon, MI

Comic Strip About Stuttering



Khalid: Hi Nnnnnnicole!

Nicole: (confused look on her face)

Khalid: I'm stuttering. Stuttering is when your speech machine doesn't work together as a team.

Nicole: What??

Khalid: The speech machine is the brain, teeth, tongue, voice box, lungs, and lung helper.

Khalid: When I stutter I like when you give me extra time to talk and listen.

Nicole: (smile on her face)

Khalid, 5, from Rockville, MD

Manage Your Air Flow

I am Joanna and I am 11 years old and I am in fifth grade. I have been stuttering since Kindergarten. I used to stutter so much I couldn't even talk. I now raise my hand in class when I know the answer. I use strategies to help me talk. I use light touch, eye contact, and quiet 'h.' My favorite strategy is quiet 'h.' Quiet 'h' is when you start your sentence with a soft 'h' sound. It works best in front of vowels. Here is an example: "hhh I have two guinea pigs." I started band and I play the flute. My favorite thing about the flute is that you have to roll your air to make the right sound out of the flute. Learning to play flute is like learning speech strategies. Both require you to manage your air flow.

Joanna, 11, from McMinnville, OR



Breathing and Thinking Help

I stutter a lot. Sometimes breathing helps me and thinking too. I get made fun of a lot. I get frustrated when people make fun of me. My name is Landon. I am 10 years old. I live in Saint Petersburg, Florida.

Landon, 10, from St. Petersburg, FL





Stuttering Sometimes Is Like An Attacking Tiger

If I saw a tiger in the woods I would run away. I would not want a tiger to attack me. It's kind of like the way I talk. Sometimes I have so much to say, but when it comes out, my stuttering attacks my words!

By: Waylon

Age 9, Beaufort, SC

I Just Stutter

My name is Justin. I am from Faribault, Minnesota.

I am eight years old. I started stuttering at age seven. I started to speech therapy at age eight. My favorite strategies are cancellations where you stop and restart the word or sentence. When people ask me why my speech is messed up I just stutter.

Justin, 8
Faribault, MN

Dear Stuttering Foundation,

I wrote you a letter in November 2017 and I received a wonderful packet from you in the mail. I was so excited by the packet that I shared it with my entire class! I had to answer a lot of questions about stuttering. It felt good because I liked explaining to everyone. I especially liked explaining about the voice of Darth Vader and how he overcame stuttering to be successful. It makes me want to succeed in my goals.

I drew this picture of my favorite superhero, Batman, to share with you. It reminds me of succeeding in my goals because Batman succeeds in his goals of helping people in need.

Thank you again for everything – I love the magazine and shared it with my mom and read it like 80 times!

Your friend, Taran, 3rd grade, from Pittsburgh, PA



I Am Just Like You

Hi my name is Mark, I am 11 years old. I am just like you, I stutter too. When I was 8 years old, I moved from Ukraine to America. About two months later I started going to school. I stuttered a lot because I didn't know English but when I started speaking English more I started noticing that I have stutters so I grew up and started speaking more and more English.

When I was in Ukraine I was 7 years old and I went to the speech class. I took speech classes to help me with letter sounds like "r". The speech classes were a lot different than in America, they used tools like literal tools that helped me pronounce the letters and the words. I went there with my Mom for about 2 months.

When I was 10, I started going to speech class in America. The speech teacher's name is Mrs. Emily. She helps me a lot with stuttering and I started stuttering less. She teaches me a lot of things I can do to help myself of like Easy Beginning. To do an Easy Beginning, you get a lot of air into your lungs and then on the word you say a quiet "h" so it would be like "h- I stutter a lot in school," that really helped me. And she also taught me bouncing so how you do it is bounce a word so like, in the word stutter, you will bounce the letter "s" as many times as you need to until you can say the word (like "s-s-s-s-stutter"). And that is everything I want to tell to you.

Mark, 11, from Sacramento, CA

Dear stuttering kids around the world,

Hello, my name is Tristian, I am 9 years old and I am in the fourth grade at C. C. Pinckney Elementary School, on the Army Installation of Fort Jackson! Last year I wrote a letter to the Stuttering Foundation explaining my thoughts on stuttering in MY world. This year, I have decided to write another letter keeping you, the reader, up-to-date on my stuttering journey with my speech and language pathologist Dr. A.!

Last year my letter focused on how I went about identifying my stuttering moments with my therapist. I spoke about being a reflective communicator and problem solver. I talked about how I was a detective looking for patterns and clues in my speech, and how easy onset was a helpful strategy, for me. This year I am still a detective, but my critical thinking and problem solving skills have pushed me in the direction of...INVENTOR! All inventors and creators must first be able to identify an area of need and then design a product or plan that others can use successfully. This year my therapist and I have worked very hard to develop an invention that we hope you find to be successful. We are calling it the "Stuttering Adventure Blueprint" also known as S.A.B.!

When we were thinking about a name for our invention, we thought about how stuttering changes from day to day, minute to minute. I guess you could say, stuttering is an adventure! Now, the word "blueprint" came from thing about plans, in general. We decided to look up the definition of blueprint in the dictionary to see if it would be a good fit for our invention.

Blueprint: Noun; a guide for making something, a design or pattern that can be followed

How PERFECT is that word? You will have times when you don't know what to expect and you may have surprises around every corner of your day...everybody does! However, we hope that the Stuttering Adventure Blueprint, or S.A.B., can serve as a guide for smoother speech and reflection.

"I Can"


I can adjust and monitor my speech.

I can use easy onset strategies.

I can be a reflective talker.

Bumpy Sounds / Words:

Pace It and Face It!



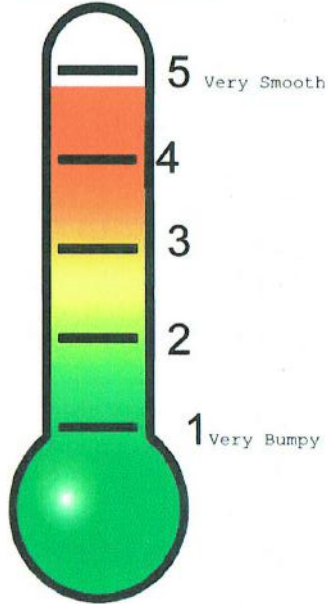
Next Steps:

Think - Pair- Share, to Show You Care

WHO DID I TALK TO TODAY ABOUT STUTTERING?

Stuttering Adventure Blueprint S.A.B.

THERMOMETER



How I Use the Stuttering Adventure Blueprint (S.A.B.)

“I Can”

When using any invention, it is always helpful to know your goals. Yes, some days you meet them and some days you may not, BUT, it is always important to know how and why you are using a tool! So, we have chosen to list my goals on the S.A.B. as “I can” statements. My “I can” statements help me think about what I can focus on.

“Bumpy Sounds / Word”

We included a space on the S.A.B. to record bumpy sounds or words that I may have during the day. This allows me to keep track of my stuttering moments. Remember, it’s important to reflect!

“Pace It and Face It”

The “Pace It and Face It” section is used for two purposes. One, as a pacing board, using emoji icons, to help me pace my speech. I also use this section to help me reflect on how I am feeling. I circle the emoji that matches the feeling that I had BEFORE or DURING a stuttering moment. I really like this section of the S.A.B. I can’t give you any reason other than the fact that I just like emojis!

“Next Steps”

The “Next Steps” section allows me a place to develop, modify or list other strategies I can use to help me reach my individual speaking goals. It is really important to have a plan to monitor and repair, if needed!

“Think-Pair-Share to Show You Care”

Now I know sharing information about stuttering with my friends is super important! Educating my friends about me and how I talk helps to take away any fears or questions my friends may have. I try to talk with someone every day. It doesn’t have to be a LONG conversation, just enough to teach my friends! I write my friends names on the S.A.B. so I can keep track of who I have spoken with! Easy enough!

“Thermometer”

Finally, you will see a thermometer. I use this section to help me reflect on speaking across the whole school day. I’ll be honest, not every day is “smooth” and I am OK with that!

I wanted to write this follow-up letter in hopes of sharing this invention with you kids out there! The Stuttering Adventure Blueprint (S.A.B.) has really helped me and hopefully it can help you! Remember, you are AMAZING and just do YOU! Until next time, Stuttering Heroes...

Tristian, 9, from Fort Jackson, SC



The Golden Rule

When I stutter I close my eyes and take a deep breath then I start all over again. My speech teacher taught me to pretend that my hand is an airplane for easy onset. When I get frustrated I get on my Xbox and play with my brother and friends. And if they think you’re dumb because you stutter tell them or yourself, no matter what, treat others the way you want to be treated! It’s The Golden Rule.

Matthew, 9
Garland, TX



I Like Trucks and Playing Checkers

My name is Charlie and I stutter. I started stuttering when I was 2 years old. What helps my stuttering is taking deep breaths and starting over again. What doesn't help my stuttering is when I keep going fast. I am good at playing checkers.

Charlie, 6, from Vermont

I remember stuttering in kindergarten I had been stuttering about six years I'm 11 now. I also got bullied for four years. Kids would start acting like me and mocking me. They would go tell other kids and they would talk like that to me. When I wanted to say something they tried to finish The Whole sentence. Well I knew I wasn't the only one who stuttered so it didn't bother me that much. I told my mom about it and she called a friend of ours who was a DJ. He performed for the school and made a rap about not bullying and how it's not nice. Me and my brother got to go on stage and tell why we were bullied. After that I didn't get bothered any more. And that's when I started to participate in more things. The reason I didn't participate was because I didn't want to talk out loud or make new friends because I knew they would make fun of me too.

I've had three speech therapists. I think that they've helped me write down how I feel. They also taught me exercises that help me every day. And when people try to make fun of me, I tell them that I'm not the only one who stutters. I know other people who stutter. I even told people what famous people stutter like the guy who played Darth Vader, Marilyn Monroe and Ed Sheeran and the king of England, King George VI. And that's how they stopped making fun of people who stuttered including me. When the teacher found out, the teacher made them write why they made fun of me.

When someone is trying to finish your sentence or mock you, try to walk away. Don't let it bother you. The strategy that has worked best for me is to stop and breathe before you talk. You are the one that decides when to use your strategy, not anyone else. I don't like it when people point out when I stutter. I like it when my speech therapist does it because I know she's helping me. I don't mind when my mom or my dad or even if my older siblings do it, it's okay because I know they are trying to help me. But I don't like when other people do it.

This is my story.



Friends Can Help

Hi. I'm Mack. I've been stuttering for 6 years. My friends don't care if I stutter, in fact, they help me! They help remind me to use my strategies!

Mack, 10
Boulder, CO

My Story

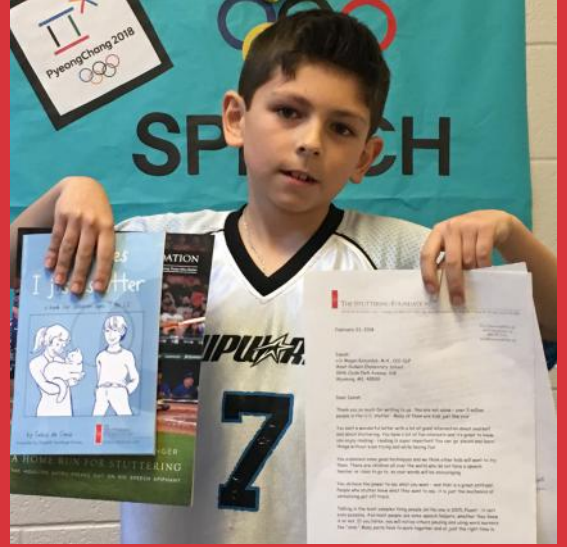
by Mari, 11, from San Antonio, TX



I Wish It Would Settle Down Soon

Stuttering is like a little tissue I can put in my pocket. Sometimes I stutter but I get embarrassed! I stutter a little, not a lot. My favorite strategy is Pausing. I'm in third grade and I can't believe I still stutter! I am not sure when it will settle down, but I wish in 5th grade. My favorite stuttering book is *Paperboy* by Vince Vawter!

Kallie, 8, from Murfreesboro, TN



Stuttering Doesn't Make You a Bad Person

Hi! I am Isaiah. I am 9 ½ years old and in 4th grade. I like art, reading, card games, and math. I started stuttering when I was in kindergarten. Strategies that I use are easy onset, light contact, and full breath. When I stutter it feels like my throat is shut and I can't get my words out. I know that I have the power to say what I want to say. Just because people stutter doesn't mean they are a bad person.

Isaiah, 9 ½, from Wyoming, MI



Starting Over Again Gets It Right

Hi, my name is Monti and I'm in 7th grade. I go to Sennett Middle School in Madison, Wisconsin. I have a problem of stuttering. People talk about my stuttering but it doesn't bother me. I already learned strategies like take your time, and, I stretch the word out. Also, talk slowly. Every time I get stuck on a sentence I start it back over to get it right. I like to play basketball. I play for a team, and I'm a big fan of the Cleveland Cavaliers. I think LeBron James is the best basketball player of all time!

Monti, 12, from Madison, WI



The Stuttering That I Have

Hi, my name is Erik and I am in 4th grade. My first language is Spanish. My teacher's name is Mr. F and outside of school they call him Jose. Stuttering comes from my father. When he was a kid they say they fixed my dad's stuttering by having a cricket bite his tongue. Now he doesn't stutter. It's the crazy truth!

I started stuttering when I was three years old. I practice trying not to stutter and I still stutter. Although I still stutter, this does not stop me from talking or practicing. I did presentation in front of my class.

These are the strategies - - pull out and cancellation. Pull out, for example, is if you say 'horse' like 'ho ho rse' and you let the word go. And cancellation, for another example, 'chicken' is like 'chi chi chicken' where you cancel the word and start the word over.

Did you know that more boys stutter than girls? For every 4 boys that stutter, there is 1 girl that stutters. I feel normal, that stuttering is normal for boys. Did you know that there are many famous people who stutter? Three famous people that stutter are George Springer (baseball player), James Rodriguez (soccer player) and Damarius Randall (football player for the Green Bay Packers!!). Kids that stutter should not stop talking. Those athletes stutter and are famous and aren't ashamed to talk.

Erik, 4th grade, from Monona, WI

Editor's Note: We like your story about your dad and the cricket! But we also have to say that there isn't any scientific research to back up that such a "treatment" would work. On the other hand, lots and lots of people have their own personal stories and what is true or works for them is their experience. One of many reasons we look to science is to find answers to questions like why do more boys than girls stutter. If we could only get science to unlock some secrets, we might one day actually be able to 'cure' stuttering for everyone! Thanks for sharing!



Just Be You

Hello, my name is Leo. I am 11 years old and I am in 5th grade at Butterworth Elementary School. I love to play soccer, I like Star Wars movies and video games, and I stutter. I have been using easy onsets to help me with my stuttering. This is my favorite strategy to use. Taking deep breaths and going to speech therapy also helps. I think it's important for people to know that it's okay to stutter. It's something you are born with, and everyone stutters sometimes. I did two presentations for my class to teach them about stuttering. We talked about famous people who stutter, facts about stuttering, and my class even practiced stuttering and I taught them strategies. My class felt great after my presentation and said I was really brave. I would tell other kids who stutter 'just be you.'

Leo, 11, from Moline, IL



I've Learned Tools In Speech

My name is Derek. I'm 8 years old. I go to Canyon Elementary School. I started stuttering when I was 3 and my speech teacher is Miss Jane.

In speech therapy I learn tools such as stretchy speech. Stretchy speech is when you hold onto the first sound for 1 – 2 seconds, then move through the word. For example, l----ike.

This is another tool that I learned: sliding out, which means when you feel tension in your speech muscles, you release the tension and slide through the word. So if I block on the 'F' sound in football, I release all the tension from my lips and teeth and say the word.

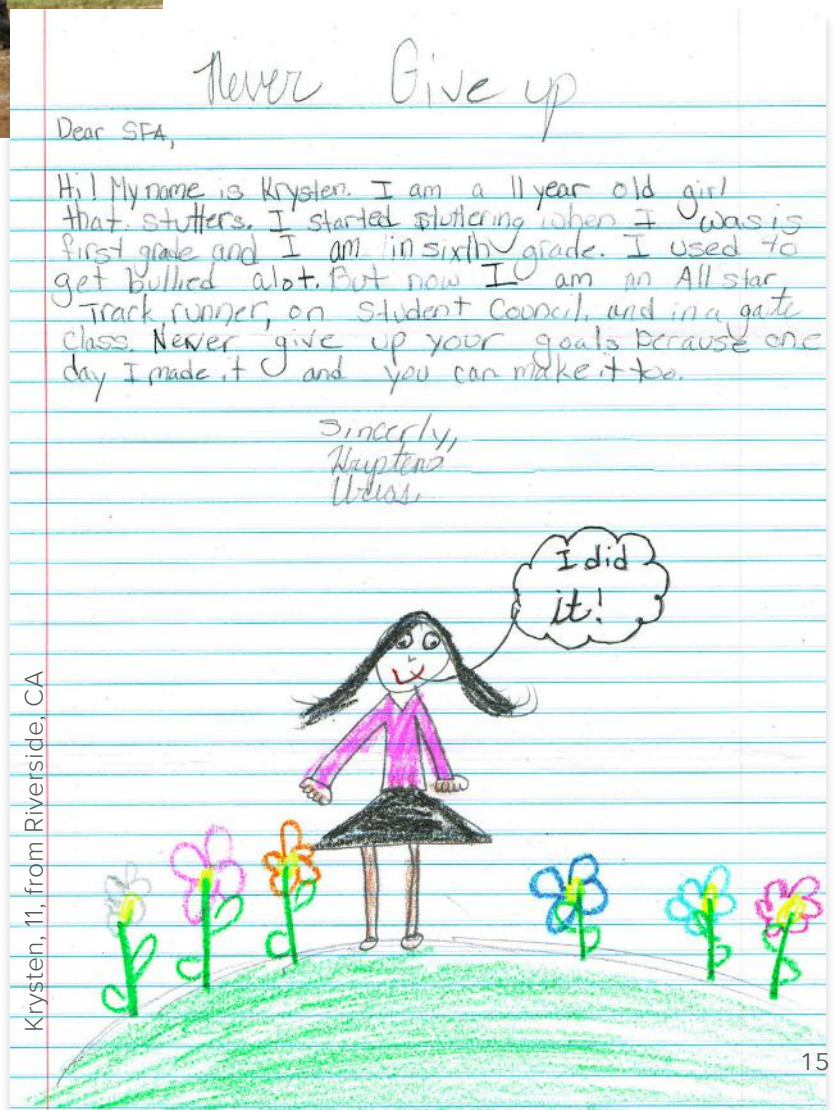
I chose a picture of Derek Jeter because my name is Derek and I like playing baseball.

Derek, 2nd grade, from Southern California

Always Try

Hello, my name is James. I am a 9 year old fourth grader in Michigan. I've been stuttering since I was five years old. Most people I talk to don't even realize that I stutter until I tell them. The other people sometimes laugh. I use slow rate, stretchy speech and pausing. They usually help me out when I'm stuck. If you stutter just like me, have courage and you definitely need to try.

James, 9
Grand Haven MI





Let It Flow

Hello! My name is Aneilys. I go to Lincoln School #22 in Rochester, New York, and I am in fourth grade and I stutter. My speech teacher, Mrs. O, gives me strategies so I can let my words flow easy. I am working on light contacts, easy onsets, sliding and bouncing. I will show you what I mean: ba..ba..ba..baseball and sliding too... s____liding.! They help me speak straight and easy.

Some kids bully me about my stuttering but I don't care, it doesn't bother me. Because guess what? I was born like that and I will do my best. It is my duty to go over and over my strategies again.

To all the kids who stutter at home or at school, don't let people judge you because of your stuttering. That is who you are. In your lifetime it is your time to be yourself.

Stuttering is a part of who you are and that doesn't change who you are.

I created this song with my speech teacher for people who stutter and are being bullied. It is to my favorite son, "Let it Go." I changed it to "Let it Flow." Singing helps me get more fluent and flow.

*Sometimes my words are tight and it doesn't feel quite right.
I need to use my pull outs so I feel just right.
So let it flow, let it flow, let the words flow through the air.*

Aneilys, 4th grade, from Rochester, NY

Stuttering Creates a Rainbow

My name is Julius and I am 10 years old. I have three siblings. If you do stutter, it's ok if some laugh at you – ignore them. You are you. If you stutter it means you are special. Not many people stutter so stuttering makes you, you. It's like if you want, stuttering can be like happiness or for some people like rain. If you like it, or don't, both of them create a rainbow.

Julius, 10
Tacoma, WA





Be Unique

My name is Vivian. What I like to watch on my Kindle is Ninjago! No one is perfect, so just be unique like Lloyd in Ninjago. It's OK to stutter. You can breathe in and talk when you breathe out.

Vivian, 7, from Brimfield, MA

Don't Let Stuttering Get In Your Way

Hello my name is Anderson and I stutter. My favorite sport is soccer. My birthday is March 25. My dream vacation is Boston. When I stutter I feel humiliated. Then I take a deep breath or use a different word. My advice is don't let stuttering get in your way.

Anderson, 8
Jackson Center, OH



You Just Might Find A Best Friend!

My name is Fiona I'm 10 years old and I'm from Portland, Oregon. I love theater, dogs, reading, soccer, art and writing. I have been made fun of with hurtful words like "ttttthank you" or "gggggoodbye" but I don't let stuttering stop me from doing what I love. Something I do to help me calm down is to talk to my best friend Carmela. She is always there for me. I take stuttering as an opportunity to not feel so self-conscience about myself and to be able to not judge someone by their looks or how they speak because you just might find a best friend!

Fiona, 10, from Portland, OR



Why Do I Stutter?

By Cori, age 9, from New Rochelle, NY

Chapter 1 - Why Is This Happening!

Hey guys! My name is Madison. I am new to the Albert Leonard School. Madison tries to find a friend but they keep on ignoring her. Her mom never told her that she stutters until she realized that she kept on repeating her words. Like there's a B-B-B-Bee. People start laughing at her. The principal walks over and says, "Come with me."

Chapter 2 - Struggling

He drops off Madison at speech. "I already know h-h-h-how to speak," Madison says. Madison tells the principal that the kids are going to laugh at her!

Chapter 3 - OH MY!!

That night she was with her mom studying. "I speak fine mom" she told her, "I never told you that you stutter!" "I st-st-st-stutter." "You just stuttered," Her mom told her. "Oh yeah I did."

Chapter 4 - Working Hard

Her speech teacher's name is Ms. G and she told Madison you're done for the day you've gotten much better. Madison had a grin on her face.

Chapter 5 - She Made a Friend

Next morning she studied so hard she was sweating. She thought I did a lot of work today. Every morning she goes to speech. She was sweating like crazy and said to herself, "I did it! I know how to speak now!" Madison yelled. Her mom cried! Her dad hugged her so tight she couldn't breathe. Guess what she finally she found a friend. "Nice job," the speech teacher told her. Madison's friend was named Kathrine. They did jump rope together and they also drew together. Mostly they did everything together.

THE EN-EN-EN -END

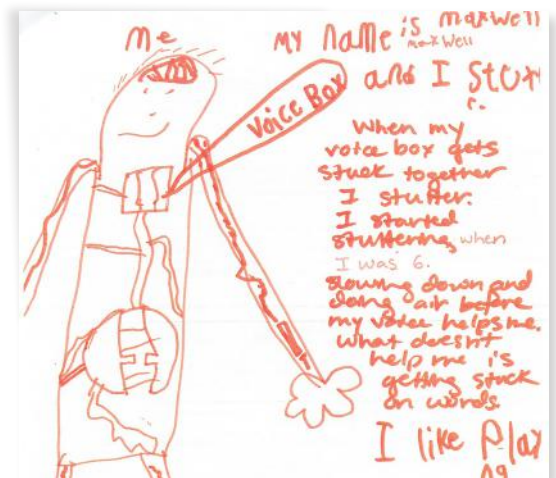
(Sorry about that, still working on it.)

My Voice Box Gets Stuck Together

My name is Maxwell and I stutter. When my voice box gets stuck together I stutter. I started stuttering when I was 6. Slowing down and doing air before my voice helps me. What doesn't help me is getting stuck on words. I like playing Pokemon and I am good at trading Legos.

Maxwell, 7

Jeffersonville, VT



My Teddy Bear Helps

I like to play basketball and I like math problems. I started stuttering when I was 3 years old. If I get mad about stuttering I punch my Teddy bear. It gets all my anger out about stuttering. I learned a lot of strategies that help me in speech. I use breathing and slow rate when I am stuttering a lot.

Carson, 9, from Concord, NC



I Now Realize I'm Not The Only One

Hello, my name is Aiden. I am a nine year old boy who is a stuttering kid and is in the 4th grade. I have stuttered since 1st grade and am a student in a speech class. At first I thought my friends thought, "Wow, this kid is weird!" But now that I go to a speech therapist, I met a friend who also stutters and now realize that I am not the only one. Now I make YouTube videos and enjoy talking with my friends while riding my skateboard.

Aiden, 9
Riverside, CA



I Try To Defeat Stuttering

Hi! My name is Carmyn. I am 9 and in 3rd grade. I stutter. My speech teacher is really nice. Her name is Ms. Kimee. She helps me a lot. My stuttering past is hard. I get laughed at a lot 😞. I am getting good at not stuttering so often. Use your strategies. I love soccer, Barbies, and spelling.

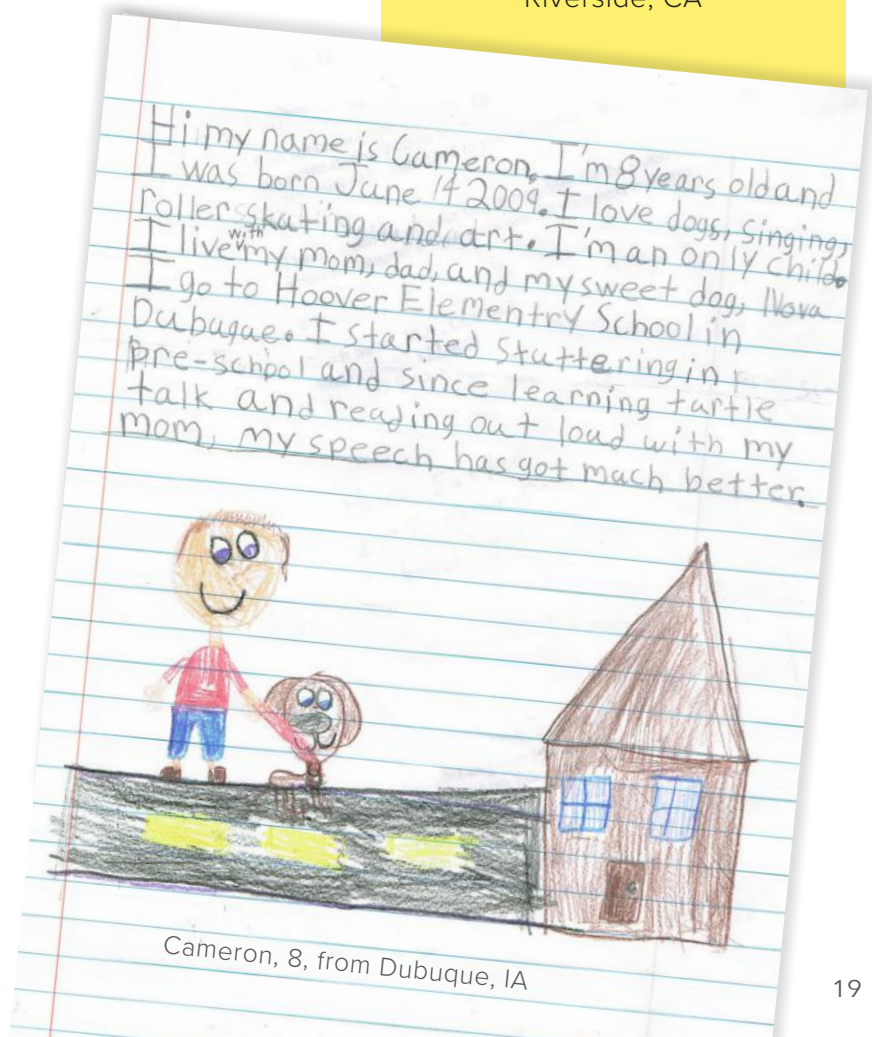
Carmyn, 9, from Grand Junction, CO

Sports Helped Me Step Up

My name is Bryar and I am in 5th grade at Jefferson Elementary School in Pittsburgh PA. I like sports and I stutter. I needed help. I was afraid to talk to people but my speech teacher helped me. Stuttering did not slow me down! Conor Sheary inspired me to step up. Conor Sheary is an NHL hockey player for the Pittsburgh Penguins. He talked about how to be brave and be a leader.

Now I like speech and I can talk about stuttering with my friends.

Bryar, 5th grade
Pittsburgh, PA



Cameron, 8, from Dubuque, IA



Brenden's Story

Hello, my name is Brenden. I have been stuttering since 4 years old. Now I'm turning 12 and still stuttering, but I don't mind it. I am happy that I stutter because I know that I am a special kind of KID.

Now here is a meme.

Brenden, 11, from Cedar Hill, TX



"Never Say Never"

Hi! My name is Jamir and I stutter. I am in the fourth grade at Mother Teresa Academy in Erie, PA. I have been stuttering for a long time (aka my whole life!). I stutter when people talk over me, when I am excited, and when I get nervous. I control it by stopping and thinking about when I am saying, slowing down, and taking a breath. I want people to know that stuttering is not a bad thing. It is just something you do sometimes when you're talking. Right now there is no cure for stuttering, but "Never Say Never."

Jamir, 4th grade, from Erie, PA

Treat People How You Want To Be Treated

I am Emiliano and I am 9 years old. I like kickball, swimming, running, and drawing. I like doing art crafts at home. Sometimes, I don't stutter that much but sometimes at home I do a lot. When I stutter, it feels like I don't want to say a word I was going to say. It's okay to stutter. Sometimes, it hurts my throat when I get stuck. I do light touch, slow, and chunking as strategies. My favorite is to think about going slow because you don't have to say the words fast. Then, you don't stutter as much. When people bully you, you can just say, "Treat people how you want to be treated." If they keep bullying you, you can give a comeback or ignore.

Emiliano, 9
Milwaukee, WI



I Like To Go To The Zoo

I am Garrett and I stutter. I am seven years old and from Colorado. I like to go to the zoo. When I go to the zoo I like to see the animals. To me it is very fun when I go. I could say the animals' names clearly when I was little. I look up to Alan Rabinowitz because he is a conservationist, zoologist, animal rescuer, photographer, explorer, and he stutters. I wrote a note to him. I hope that he writes back. Here is me at the zoo saying "Tigey" which was more clear than at home.

Garrett, 7, from Longmont, CO



Some Letter Sounds Are Harder

Hello, my name is Felipe. I am in Fourth grade at the Hill School in Revere Massachusetts. I'm super smart and when I'm not in school I mostly watch TV and play video games. My favorite animal is the dolphin. I don't stutter that much but I know a lot about stuttering. I know that there are a lot of people who stutter and those people have a hard time saying words. I have friends who stutter and they have strategies such as stretchy speech, belly breathing, and pausing. Something I have trouble with is pronouncing some letter's sounds, like the "S" sound, the "TH" sound, and the "V" sound. I also have to practice strategies like eye contact, volume, and slow speed. That's all about me.

Felipe, 4th grade, from Revere, MA



Never Give Up and Always Use Your Strategies

Hi my name is Nash. I am 9 years old. I play tackle football for the Chesterfield Bears and baseball for Chesterfield. I live in Chesterfield, MO. I have bumpy speech when I yell a lot and during the summer break. I use easy starts and also pausing. Easy start is when you stretch the first word in a sentence and finish in a normal speed. Pausing is when we get bumpy speech and have to stop and think. When we pause we bring in air to fill up our tank and then when we are talking the air comes out.

Our tank is your lungs.

My advice to all people who have bumpy speech is that it is normal to have a little bumpy speech and also you should never give up on using strategies like full and easy breaths, light contact, stretching, easy start, slow down, and pausing. Even my dad had bumpy speech but now he doesn't because he went to speech.

Nash, 9, from Chesterfield, MO



Sing-Talking Helps

Sometimes I wish I did not stutter at school. But lots of people in my family stutter too. I feel like I stutter more when I talk fast at school. When I stutter I sing and talk at the same or I use my breathing. Do not talk so fast because if you talk so fast you could stutter more. And don't be scared.

Indigo, 9, from Philadelphia, PA



It's Okay If You Stutter A Lot



I stutter a lot and sometimes people laugh at me for it. I really do not like it. I want to tell those kids to stop because it hurts my feelings. I use strategies to help me to not stutter. My strategies are "B.E.S.T." 'B' stands for Breathe, 'E' is for easy starts, 'S' is for stretch, and 'T' is for take your time. This picture I drew is like me fighting Kylo Ren!

Jack, 2nd grade, from Pewaukee, WI

My Friends Wait For Me

My name is Steven. I'm 11 years old. I play soccer with my big brother. I'm also on a soccer team called the Players. I sometimes stutter when I speak English and Spanish. How I control my stutter is I first take a breath and then I speak slowly. When I stutter my friends wait for me to use my strategies.

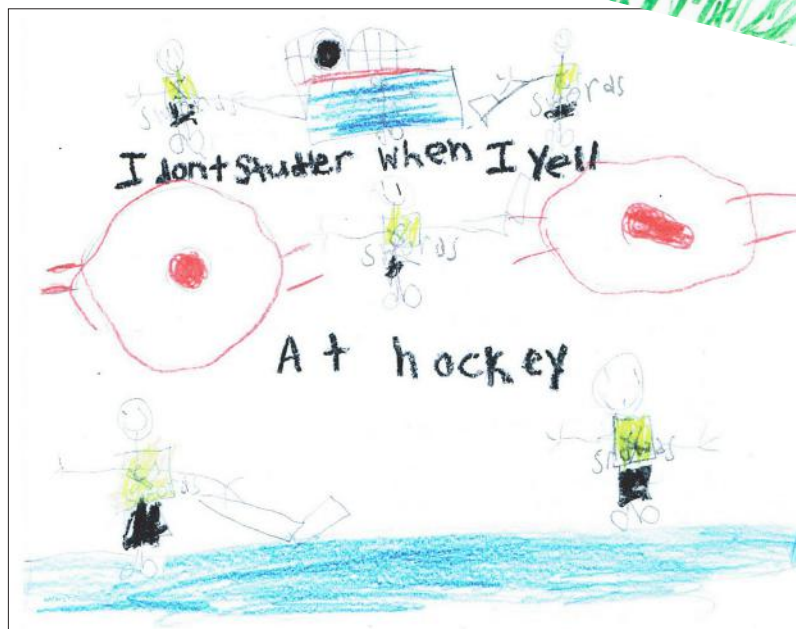


Steven, 11, from Reno, NV

My Advice Is To Use Strategies

Hi, my name is Devine and I am 8 years old. I am in third grade. I like playing games with my sister, watching Dragon Ball Z, and playing Star Wars. I like to throw rocks across the water. My teacher is Mrs. M. I do stutter, but people don't make fun of me. It's okay to stutter! I really stutter when I read books. I stutter when I am in trouble because I feel afraid that I might get punished. I use chunking, stretchy snake, light touch, and big breaths. My favorite is chunking because I like spreading out words so people can understand me. My advice is to use strategies to help. Try to be brave if you get in trouble, like Goku in Dragon Ball Z.

Devine, 8, from Milwaukee, WI



Hockey Is Cool!

I don't stutter when I yell during hockey games!

Kameron, 9, from Cincinnati, OH



Dear Stuttering Foundation and Readers,

Do you stutter? Well, all of us do. We each have our different stories, but we have all ended up in the same place: the Speech Therapy room with Mrs. A. Thank you for reading our stories.

Shawn, Stella, Marcus, and Jarrett



Here Is A Good Tip

My name is Shawn. I am 10 years old and I live in Glen Allen, Virginia. I go to Glen Allen Elementary School. I am in 5th grade. My favorite sport is baseball. I started stuttering when I was three. My favorite strategies are turtle speech and smooth speech. My speech teacher, Mrs. A, helps me not stutter. A good tip is when you start to stutter, take a deep breath in and out to relax.

Shawn, 10, from Glen Allen, VA

Show Who You Are

My name is Jarrett and I am 10 years old. I go to Glen Allen. I started to stutter when I was 5 years old. My speech teacher helps me so I can control my speech. The strategies I use are light contact, stretchy speech, and easy on-set. Here is some advice: take a whole breath and then talk. Remember to always stick up for others no matter what. If you have trouble with others being mean, walk away or tell an adult. When you have trouble speaking, take a breath and then talk. When someone is trying to convince you to get mad, walk away. Never feel like you have to change yourself because you are awesome and smart – so take this advice and be a hero. Always have fun no matter what. Football helps me focus and show who I am.

Jarrett, 10
Glen Allen, VA

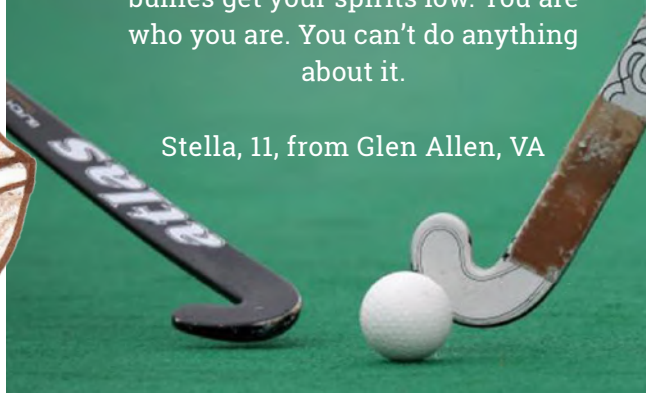


You Are Who You Are

Whenever I stutter, I feel terrible. I have been stuttering since 1st grade.

Stuttering has a small impact on my social life. I have had 23 cats in my life. I play travel field hockey, basketball, and I am in the gifted class in my school. Piano is my favorite instrument. The strategies I will recommend for you are cancellations, pullouts, and breaths. My advice is to believe in yourself. Also, don't let bullies get your spirits low. You are who you are. You can't do anything about it.

Stella, 11, from Glen Allen, VA



One Day I Started Talking Weirdly

My name is Marcus and I am 10 years old. I started stuttering when I was 6 years old. One day at school my teacher saw me talking weirdly. I wasn't talking like usual. I kept stopping when I was trying to say something. Then I went to my speech teacher, Mrs. A, and she helped me with my stuttering and now I don't stutter as much as I used to.

Marcus, 10
Glen Allen, VA



Be You And Be Nice To Others

Hi, my name is Dary. I'm in third grade, I'm 9 years old, and go to Hill School in Revere, Massachusetts. I like Roadblox, dogs, and math. I stutter and it's not bad, it's just how I am. I use strategies to help me at speech. Some strategies are full breath and pausing. If you guys are stuttering you should use the same strategies, it will help! If you get stuck on a word, take a big belly breath and try again. Guys, never give up, be you, and be nice to others. That is who I am and I hope you had fun reading this.

Dary, 9
Revere, MA



I Feel Good About My Speech

I stutter but it does not affect how good I am at soccer. I feel good about my speech. I don't care what people think about me.

Connor, 9
Morrow, OH

Vespa

Don't Hide Your Stuttering



Hi! My name is Petra and I am eight. I am in 3rd grade. I love playing with my chinchilla and my chinchilla's name is Vespa. I have been stuttering since I can remember. My advice is don't give up and don't try to hide your stuttering – it is a part of how you are.

Petra, 8, from Portland, OR



A STUTTERING FOUNDATION TRIBUTE

REMEMBERING GERRY GOFFIN

SONGWRITING, STUTTERING, & STARDOM

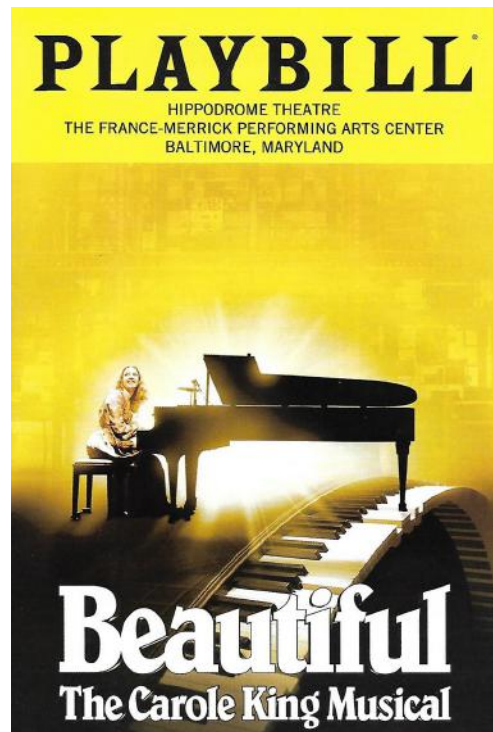
The Broadway musical *Beautiful: The Carole King Story* tells the story of Carole King's career and songwriting collaboration with husband and lyricist Gerry Goffin. Their story began with her first hit song, "Will You Love Me Tomorrow," written in 1959 when she was just 17, pregnant, and newly married to the 20-year-old Goffin.

In the decade that followed that first hit, Goffin and King continued to work together to create a string of chart-topping hits, including "Take Good Care of My Baby", "The Loco-Motion", "Up On The Roof", and "You Make Me Feel (Like a Natural Woman)" to name a few.

"Gerry was a bit introverted, but his lyrics did the talking for him."

Though their collaboration ended in divorce in 1969, Goffin's career continued to flourish with other artists and producers. During his illustrious career, Goffin wrote over 114 Billboard Hot 100 hits, including eight chart-toppers, and 72 UK hits. He received an Academy Award Nomination for "Theme from Mahogany (Do You Know Where You're Going To)". Additionally, he and Carole were both inducted into the Rock and Roll Hall of Fame in 1990.

A less documented part of Goffin's career was his lifelong struggle with stuttering. The young Goffin was described as "hot-tempered yet retiring, speaking with a slight stammer, and as tone-deaf as Howie Greenfield, the teenage Goffin never found a kindred spirit or collaborator to draw out his creativity."¹.



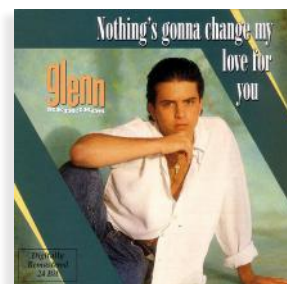
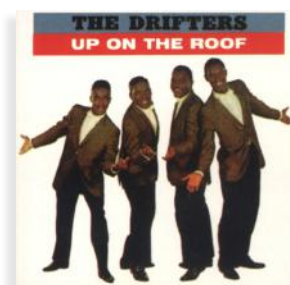
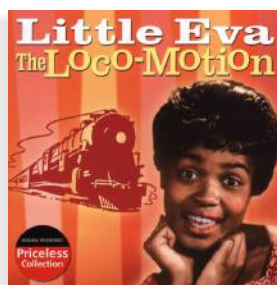
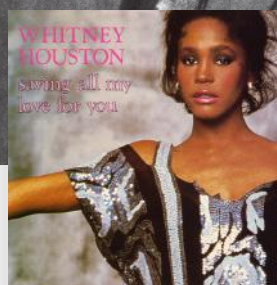
Top left and top right: Carole King with Gerry Goffin



The British Telegraph obituary claimed “Goffin’s marriage to Carole King eventually failed because of tensions between them, not least because (unlike her) he was neither a musician nor a singer. Matters were made worse by Goffin’s stammer, his infidelities and, from the mid-1960s, his increasing drug use.”

Despite this, Goffin continued to climb the charts with hit after hit, never letting his stammer hold him back. The famous music producer Don Kirshner said of Goffin, “Gerry was a bit introverted, but his lyrics did the talking for him.” Few people ever knew that Gerry was a person who stuttered; he obviously did not let stuttering hold him back in his brilliant music career.

On hearing of his death, Carole King said that Goffin was her “first love” and had a “profound impact” on her life.” She went on to say, “His words expressed what so many people were feeling but didn’t know how to say... Gerry was a good man and a dynamic force, whose words and creative influence will resonate for generations to come. Barry Goldberg, who wrote many later songs with Goffin, said “Gerry was one of the greatest lyricists of all time and my true soul brother.”



1 Always Magic in the Air: The Bomp and Brilliance of the Brill Building Era by Ken Emerson

ANNUAL AUDIT

The Foundation's Financial Reports for 2017

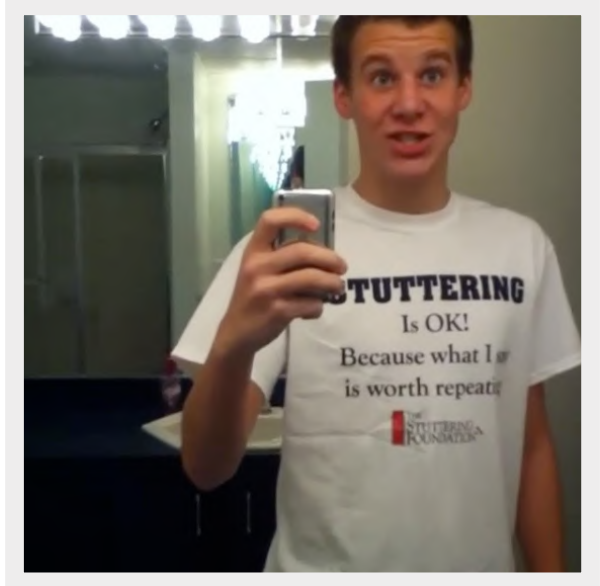
The annual audit of the Stuttering Foundation financial reports for 2017 will not be completed as of press time. It is being performed by the accounting firm of Cannon and Company, Certified Public Accountants in Memphis, Tennessee. Following is an unaudited recap of funds and expenditures for the year. The 4.4% of expenditures for administration and general expenses and 0.8% 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) private 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..... | \$612,936 (27.5%) |
| Public information and education..... | \$936,990 (41%) |
| Research, treatment programs, and symposia..... | \$483,687 (21.5%) |
| Maintain website and toll-free information hotline..... | \$100,855 (4.5%) |
| Total for program services..... | \$2,136,828 (94.8%) |
| Other Expenditures: | |
| Administration and general..... | \$96,662 (4.4%) |
| Fund-raising expense..... | \$19,860 (0.8%) |
| TOTAL EXPENDITURES..... | \$2,234,776 (100%) |



@stutteringfdn
SFA on INSTAGRAM
#stutteringfoundation



cart3642



cart3642 I finally got one!! 😊
#stutter #stutteringfoundation

griffith_monique Hey :) I also stutter...I've been stuttering for more than 10 years now. I just wanted to let you know that I admire people like you who aren't ashamed of it. Wish I could be the same.

cart3642 Thanks @griffith_monique! U can be. I don't let it bother me. If I stutter, I stutter. I can't really change that. U just gotta trust that people will get past some silly speech impediment



62 likes

OCTOBER 10



To order your own Stuttering Foundation t-shirt, call 800-992-9392 or email info@stutteringhelp.org with your size.



Here's what some of our more than **261,000 friends** are talking about* in our Facebook community

Stuttering Foundation @stutteringhelp



Stuttering Foundation



The Positive Role of Nursery Rhymes in Stuttering Therapy

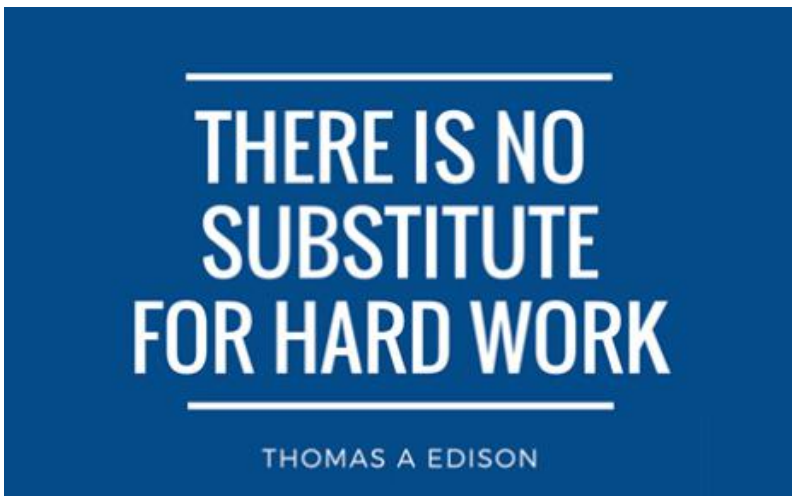
an article from the Stuttering Foundation Fall 2017 Issue



Joan: I used a few nursery rhymes with 4th graders and they incorporated the use of "drums" (tapping pencils on the bottom of upside-down buckets. I have to say, they got pretty good!



Stuttering Foundation



Anant: Hard work but with right techniques can dissolve stuttering. It must be remembered that dissolving stuttering is largely an inside job. That means, how you talk to yourself, what kind of mental videos do you create and nature of emotions which you carry will decide how quickly you recover. Observe yourself all the time. Are you a learned optimistic? Do you feel state of resourcefulness within yourself? The day you start loving stuttering, having fun while dissolving the block, instead of being afraid or timid, stuttering will leave you permanently. Work hard but monitor your progress.



Stuttering Foundation



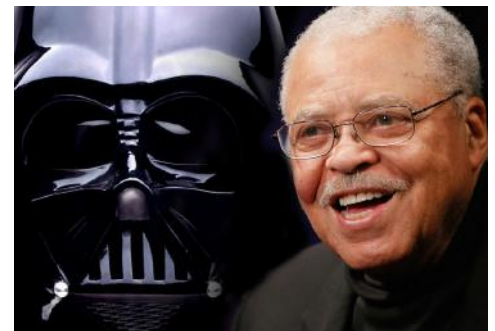
"It's nothing to be ashamed of to have a stutter" - Emily Blunt



Henry: The older we get the more we feel "It's not such a big deal!" and with that comes more frequent fluency.



Stuttering Foundation



James Earl Jones: "My stutter was so bad, I barely spoke to anyone for eight years" *a DailyMail.com article*



Amey: While I appreciate his story, He still stutters, but is too ashamed to show it. That's very sad. -- we need "famous stutterers" who stutter openly.



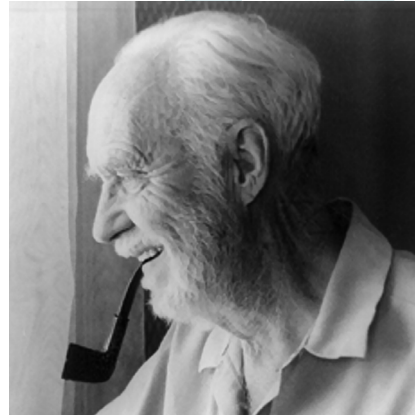
Sylvie: An amazing article! Thank you for sharing this story.

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

Speech Pathology and Audiology Research: Then and Now

1966

The following is an article written by Dr. Charles Van Riper and included in the WMU Journal of Speech Therapy in September of 1965. In the article, Dr. Van Riper challenges the theory that children retain their articulation errors because of the nature of the problem itself and challenges school therapists to examine and adjust their possible role in this retention. Van Riper's research remains valuable and important to consider more than 50 years later.



We have recently been exploring the problem presented by these children in the public schools who do not seem to benefit from speech therapy. Why don't they? Why do some of them persist in their speech disorders year after year despite the strenuous efforts of the therapist? Is there any way to locate these children early so that we can see that they get special care and treatment? We do not have answers to these questions as yet, but we have some hunches and a bit of data. In her unpublished master's thesis, Hansen studied ten of these children intensively. She showed that most of them showed perceptual deficiencies and language disabilities. In 1957, Rice (3) suggested on the basis of his survey of children not receiving therapy services, that children having three or more errors or having three or more errors or having lateral lips or distorted "r" sounds tended to persist in their errors while others did not. Milisen (2) has shown that the type of error was predictive of articulation mastery and that certain errors, especially those of omission, indicated profound lag. Other workers such as McDonald (1) have pointed to the role of inconsistency of error as prognostic feature of measure of severity.

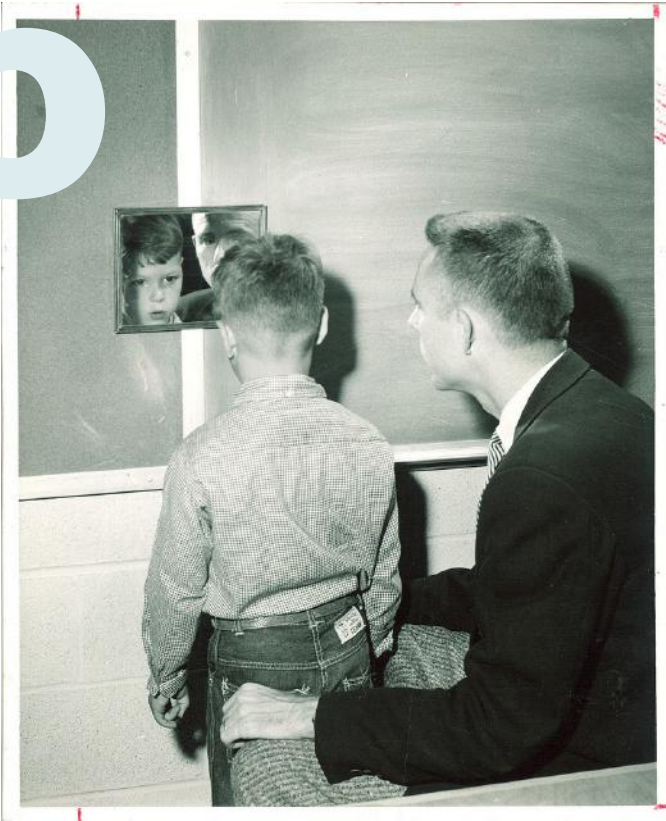
All of these researchers seem to imply that the reason for certain children retaining their articulation errors lies in the nature of the child's problem itself. The more severe the problem, the more likely will be its persistence.

But we would like to offer another tentative explanation. Quite apart from the competence of the therapist and the miserable conditions of time and case load under which he must work, is it not conceivable that the public school therapist by the very act of therapy may block the normal course of maturation?

Does speech correction correct or does it merely interfere?

It is not a pleasant thought, but sometimes our unpleasant confrontations produce the most progress. Why have we come to such a miserable hypothesis? First, because many of the children we now see in the university clinic, and some of the adults, have had unsuccessful public school speech therapy for many years. There is no doubt that they are difficult cases, but the basic difficulty seems to lie far too often in their attitudes toward the problem. They come reluctantly and without hope. At first, their cooperation is perfunctory. As one adult said to us, "I can't do anything about my lateral lisp. I'm stuck with it forever. I've tried a million times to make a good "s" and I never made it." His defective sibilants had been incorporated into his self-concept; in his own eyes or ears, he was a speech failure; he was a bad "s."

Secondly, we have been impressed by some unpublished research carried out by Czuchna (4) which shows that one group of his subjects were able to identify both their correctly and incorrectly spoken words, while those of another group, a smaller one, were able to identify all the words that they spoke incorrectly but could not tell if the words they had uttered correctly were correct or not. What this seems to mean is that



Until some definitive research is available, and we hope that this challenge will help create it, it would seem wise for the public school therapists to follow these suggestions:

1. Do not concentrate on the error sounds alone; help the child know that he says many sounds very well; give him programmed materials to say that will be perfect.

It is not a pleasant thought but sometimes our unpleasant confrontations produce the most progress.

the latter group of children had the general impression that most of what they said was wrong. They had failed so much that they could not recognize the words they had never misarticulated. Does public school therapy with its emphasis on competition and games tend to create such impressions of failure? Does it provide too much concentration on the errors of sounds? Does it make these children so error-conscious that the errors become fixed?

Finally, in applying our predictive screening test of articulation mastery to a group of children currently receiving public school therapy, we found, to our surprise, that it could not predict success in therapy even though it does identify the children who will overcome their errors without therapy. Does this mean that speech therapy is not facilitating the normal processes of articulatory maturation but actually interfering with it? Another unpleasant thought! Our limited survey of dismissal dates procured by a small sampling of public school therapists shows that on the average only about 40% of the case load is dismissed by the end of the second year of therapy. Our own study shows that over 50% of such children will overcome all their errors without any therapy at all. Why this discrepancy? Does speech correction correct or does it merely interfere?

2. Reduce the sense of failure by your own faith and permissiveness; make sure the child has more successes than failures and knows it; reduce the emphasis on competing with others.

3. Do not enroll the failing child in the same group therapy but give him individual attention and intensive therapy or refer him to a college or community speech and hearing center where he can get it.

4. Do not enroll a child for speech therapy year after year. He may need a vacation to permit the normal processes of articulatory maturation to get going again.

5. Do more deep testing and build your therapy on the key words.

6. Don't build a defective sound into the self-concept.

RESOURCES

1. McDonald, E.T. *Articulation Testing and Treatment: A Motor-Sensory Approach*. Pittsburgh; Stanwyn House, 1964
2. Milisen, R. "A Rationale for Articulation Disorder" *Journal of Speech and Hearing Disorders*. Monograph supplement no. 4, 1954
3. Rice, D.B. "Articulation Screening and Evaluation in Grades 1 and 2" *Indiana Speech and Hearing Therapist*. October, 1957, 16-19
4. Czuchna, P. "Self-recognition of Misarticulations Among Children with Articulation Disorders" M.A. Thesis, University of Miami (Ohio) 1965

TIPS FOR TEACHERS: STUTTERING IN THE CLASSROOM

Teachers often report difficulty in knowing what to do about a child who stutters in the classroom. Should he be expected to give oral reports, read out loud, or answer questions? Should you talk to her about her speech or ignore it? What should you do if other children tease?

To begin, usually it is advisable for you to talk with the child privately. Explain that when talking--just like when learning other skills--we sometimes make mistakes. We bobble sounds, repeat, or get tangled up on words. With practice we improve. Explain that you are his teacher and that his stuttering is okay with you.

By talking to the child in this way, you help him learn that you are aware of his stuttering and that you accept it--and him.

ASKING QUESTIONS

As you are asking questions in the classroom, you can do certain things to make it easier for a child who stutters.

1. Initially, until he adjusts to the class, ask him questions that can be answered with relatively few words.
2. If every child is going to be asked a question, call on the child who stutters fairly early. Tension and worry can build up the longer she has to wait her turn.
3. Assure the whole class that they will have as much time as they need to answer all questions.
4. Assure the whole class that you are interested in having them take time and think through their answers, not just answer quickly.

READING ALOUD

Many children who stutter are able to handle oral reading tasks in the classroom satisfactorily, particularly if they are encouraged to practice at home. There will be some, however, who will stutter severely while reading aloud in class. The following suggestions may help these children.

Most children who stutter are fluent when reading in unison with someone else. Rather than not calling on the child who stutters, let him have his turn with one of the other children. Let the whole class read in pairs sometimes so that the child who stutters doesn't feel "special." Gradually he may become more confident and be able to manage reading out loud on his own.



For more great tips for in and out of the classroom, visit stutteringhelp.org



My Best Advice

TIPS FROM DAN PAPPAS

Dear Stuttering Foundation,

Disclosure (*letting people know you stutter*) feels so unnecessary when things are going well, but it is the only technique that has gotten me close to the root cause. It directly addresses my underlying problem of giving up and withdrawing.

Disclosure is most effective when done first thing in a conversation. My best example looks like this: *"Before we begin I'd like to say that I stutter and sometimes use techniques such as easy onset, b-b-bouncing and sssliding to help me stutter less."*

Situations where I have chosen to use disclosure have been during medical appointments, jury duty, conversations with my boss, and telephone calls — any situation where there is less time pressure.

Experiment with this potentially useful technique. Find what works for you!

Sincerely,

Dan Pappas

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



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



@stutteringfdn

SFA on INSTAGRAM

#stutteringfoundation



maci.ridngfit

Follow

maci.ridngfit It's taken me awhile to truly be comfortable with who I am and to embrace my "flaws," and by flaws, I mean my stuttering that I've had since I was a kid. I used to not like talking about it because I was embarrassed for anyone to know, in fear that they would judge me and not treat me as an equal. But as I get older, I realize that I shouldn't care what anyone thinks about it because more than half the time, no one even notices. I do because I'm so aware of it, but having that mentality to not care what others think really helps eliminate my anxiety that causes the stutter. Of course it won't just magically go away, but I have decided to embrace it because if I cannot accept it, then I'm holding back from living my life. Feeling thankful for my friends and family that have supported me! #stuttering #lovingyourself #selflove #stutteringismyskill #embraceitall #condifenceiskey #learntolaugh #dontgiveup #liveyourbestlife #stutteringfoundation



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JANUARY 4



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



Stutter Love

BY SHELLY EVANS

The Tale of “Austin and Shelly Forever” sounds like your typical vaguely romantic love story: Girl messages Boy on social media. Crushes develop. Boy and Girl eventually meet in person at church. Girl awkwardly avoids Boy at all costs. Boy asks Girl out. Girl says no. 3 times. Boy swoons. Girl finally gives in. They play Mario Kart, they eat pizza, they kiss, they fall in love, they marry, and they live happily ever after. The End.

Our love story sounds like a modern day fairy tale. Despite this, there were so many different emotions that I was feeling when we first met that I don't think even Austin knows about.

When we first met in person, I was terrified. You see, talking to someone you find extremely attractive is already hard enough. Then, add a stutter into the mix? Yeah, game over.

Here's the thing. By this time, we had been talking via social media, text messages etc. for a few weeks now. During this time, the fact that I stutter was never a worry. My charm and wit were at full force and my flirting was spot on (naturally *flips hair*). But when it came to speaking in person, it was a whole new ball game.

Let's just say this. I'm awkward. And I know it. I have this cute boy standing in front of me who has never actually heard me speak. I had done a pretty good job of presenting myself as “cool” and “awesome” over the internet (as I'm sure we all have mastered), and as I thought about this, I instantly feared that I would not be enough. I feared that my real-life awkward little stuttering self would not live up to the “awesome-cool Shelly” on that computer screen.

So many questions ran through my head at that moment: Could this man love all of me? Am I ready to let him into my stuttering world? Will he accept it? Will he mock it? Will I always feel guarded?

I didn't know the answers to these oh-so-important questions. And that was really scary. But, do you know what his response was when he first heard me stutter?

“Wow. That is so stinking cute.” *Yep. This one's a keeper.*

Everyone deserves to find love and to feel loved. But I understand that it is so hard to find love these days. Especially if you stutter. Meeting new people can cause so much anxiety, some of us refuse to even try.

But, guess what? If you withhold yourself from people forever, love is impossible. SPOILER ALERT: Cupid's not real (neither is Santa). You are never going to be magically shot in the butt with an arrow of love (I sure hope not, at least). You can't expect love without effort. It's just not going to happen. Do. The. Work.

Start out with something that you are the most comfortable with. For example, I struggle to make myself heard in groups of people. I get anxious and simply choose to stay quiet and keep to myself. However, I tend to thrive in one-on-one conversation (at least that's what I tell myself). When getting to know people, it is vital for me to be able to talk with them on my own, just me and them. Without this, you'll be lucky to know even one intimate detail about my life.

However, I understand that starting an in-person conversation, for some, is just out of the question depending on where they are, mentally, concerning their stutter.

If the fear of speaking in person is keeping you from finding love, take advantage of modern technology! We are in the age of technological communication. For people who stutter, this is the prime time to find love! As much as I am an advocate for face-to-face communication when it comes to relationships, sometimes a simple “hey!” over Facebook is the kick start you need.

Know this though... Typed words can only go so deep into the soul.

You need to let them in. You need to let them hear your imperfect voice. You need to let them love all of you.



I know that “I am not my stutter,” but I know that my stutter has completely shaped who I am. If I didn’t let Austin into my stuttering world, he would never be able to completely wrap himself around my heart.

Falling in love means getting to know your partner in the deepest, most intimate ways possible. Your stutter is intertwined with every facet of your life.

You need to be 100% open with your partner about your emotions regarding your stutter.

How they react and choose to help you through those emotions is the most telling aspect of the bond you have together.

Your partner may not stutter, but that does not mean that they can’t love you completely.

Austin will never fully comprehend what it is like to have a stutter. But he works every single day to put himself in my shoes to be able to be as empathetic as he possibly can. He doesn’t feel what I feel when I break down over something as trivial as not being able to say just one single word. He can’t know. He

can’t feel what I feel concerning my stutter. He probably even thinks it’s not a big deal at all. It was just one word, after all. But he sits there, stroking my hair as I sob into his chest, and holds me until the very last tear falls from my cheek, saying “next time, you’re gonna kill it.”

As much as I love Austin for his kind, affectionate nature, what most fuels my admiration for him is the way he pushes me to become the best version of “Shelly.” When Austin first mentioned the idea of going up to Alaska to work as tour guides, my first response was “Um, you know that speaking is not my forte, right?” Of course he knew this. But that didn’t matter to him. He didn’t see this adventure as something that I “couldn’t do,” he saw it as something that I was MADE to do. He knew that I needed to prove to the world, particularly myself, that my speech impediment was not something to hide behind, but rather to grow from.

Love someone who pushes you to stretch yourself in the most loving, gentle way possible.

As a person who stutters, I know how easy it is to stay in a zone of comfort, always saying “I can’t because I stutter.” My husband has never accepted that answer. He has always seen me as something greater. Someone to be heard.

The reason I fell in love with Austin is not only because of how much he loves me, but because of how he makes me love myself as a person who stutters.

It takes a special kind of person to love someone who stutters. It also takes a special person who stutters to let someone love them. Hold yourself to a high standard of love. Choose a partner who not only loves you deeply, but who also drives you to love yourself and to love your voice.

And settle for nothing less.



Shelly Evans is currently residing in Rancho Cucamonga, California with her husband, Austin. Read more of her writing at stutteringlifeofshelly.wordpress.com.



SCENES FROM SAN JOSE

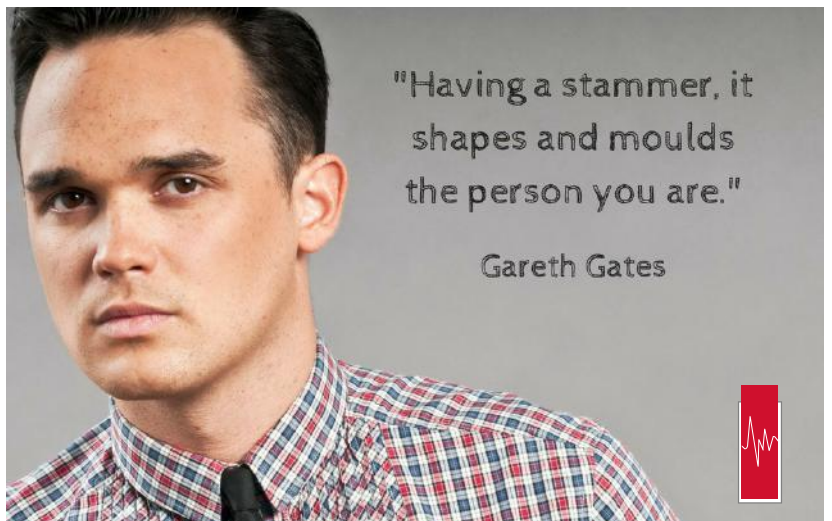
The SCCSHA (Santa Clara County Speech Hearing Association) held a conference for Speech-Language Pathologists on January 26. Many who attended worked with school-aged children; we were thrilled to be a presence at the conference and a resource for those in attendance!

THE TSA AND STUTTERING

Many readers of our magazine will recall the unfortunate events surrounding the creation of our "I Stutter" card—travelers who stutter having difficulties in airports or with persons of authority is nothing new.

As a result of our advocacy work, the Stuttering Foundation President Jane Fraser has been invited by Transportation Security Administration (TSA) to participate on its Disability Coalition—giving a voice to the traveling public who stutters. The coalition meets and speaks regularly, and the Stuttering Foundation's "I Stutter" card is on file with the Administration.

Travelers with concerns about their ability to communicate with airport security officials may reach TSA Cares at (855) 787-2227 or via email at TSA-ContactCenter@tsa.dhs.gov. Download an 'I Stutter' Card for Travelers at stutteringhelp.org.



"Having a stammer, it shapes and moulds the person you are."

Gareth Gates



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.

• 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.**



THE
STUTTERING
FOUNDATION®

P.O. Box 11749 • Memphis, TN 38111-0749

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

- Malcolm Fraser, SFA Founder
1903 - 1994



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

The National Stuttering Association will hold its annual conference July 4-8, 2018, in Chicago. For more information, visit www.westutter.org.

The National Association of Young People Who Stutter will hold its annual convention July 19-21, 2018, in Omaha, Nebraska. For additional information, visit www.friendswhostutter.org.

The International Conference on Stuttering will take place June 14-16, 2018, in Rome, Italy. For more information, visit www.internationalconferenceonstuttering.it/index.asp

One World, Many Voices: Science and Community is the inaugural Joint World Congress of the International Cluttering Association (ICA), International Fluency Association (IFA) and International Stuttering Association (ISA). This event will be held in Hiroshima, Japan, from July 13-16, 2018. For more information, visit www.theifa.org/index.php/2018-world-congress

The Stuttering Foundation will hold workshops for speech-language pathologists. Please visit www.stutteringhelp.org/workshop-applications to download an application.