



THE STUTTERING FOUNDATION®

A Nonprofit Organization

SUMMER 2009

Since 1947... Helping Those Who Stutter

Research on Electronic Devices:

Preliminary Results

By Anne L. Foundas, M.D. and Edward G. Conture, Ph.D.

Developmental stuttering has a lifetime incidence (i.e., percentage of adults who stuttered at some point) of nearly 5% and is one of the more common developmental speech disorders. Although the disorder significantly impacts the academic, emotional, social and vocational achievements, development and potential of individuals who stutter, important questions remain regarding factors that cause, exacerbate and/or maintain stuttering. Likewise, the

efficaciousness of various treatments for stuttering remains a source of vigorous debate as well as investigation. Among such

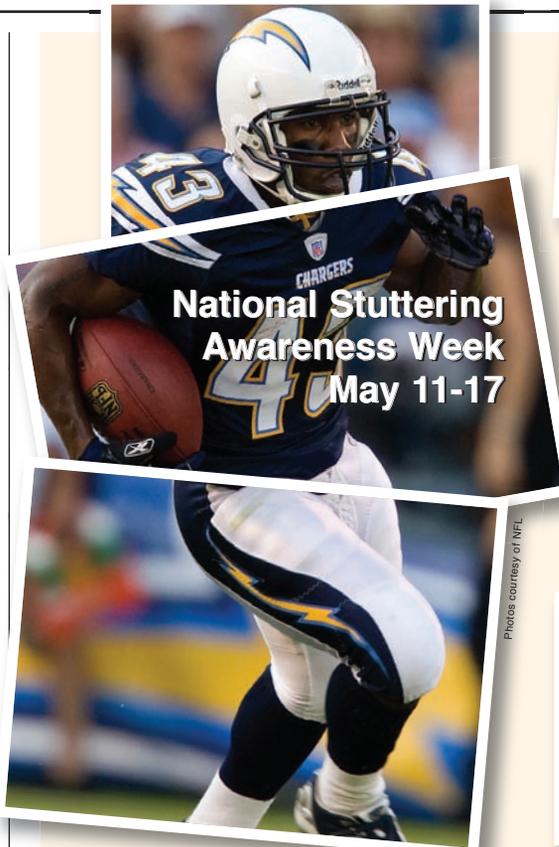


Anne L. Foundas, M.D.



Edward G. Conture, Ph.D.

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Photos courtesy of NFL



Chargers Star Darren Sproles Breaks Records On and Off the Field

Darren Sproles, the Stuttering Foundation's spokesman for National Stuttering Awareness Week, posted the second-best yard gain in Chargers post-season history in a January 3 game against the Colts. He also became the player with the third most yards of any player in a single post-season game in NFL history.

Off the field, he's reached a record-breaking number of kids and adults who stutter with a message of help. In fact, the Foundation's Web site, www.stutteringhelp.org, has recorded more than 2 million hits in the four weeks leading up to the May 11th awareness week.

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The Impact of ADHD on Stuttering Therapy

By Joseph Donaher, Ph.D., The Center for Childhood Communication, The Children's Hospital of Philadelphia

The role of genetic factors in the onset and maintenance of stuttering has received considerable attention. Multiple

studies have shown that stuttering runs in families and that approximately 70% of the variance in liability to stutter can be accounted for through inheritable factors^{1,2}. The contribution of congenital factors and early neurological incidents has been less thoroughly investigated

but research has suggested that both may be causal factors for some individuals who stutter, especially those with no family history of stuttering^{3,4}. Furthermore, it has been suggested that when no genetic component is present, adults who stutter

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Joseph Donaher, Ph.D.

George Cooley Remembered

1931-2009

Longtime Stuttering Foundation Board member George Cooley passed away on Feb. 20, 2009.



George Cooley

George and his wife, Jeanette, founded Mercury Printing Company in Memphis, where George revolutionized Stuttering Foundation materials - everything from books to brochures to posters and newsletters.

“George knew everything there was to know about the printing business and was also a superlative teacher,” said Jane Fraser. “Not a day goes by that I don’t put to use something he taught me.”

George was committed to helping others who stutter and is sorely missed by all who were fortunate enough to know him and work with him over the years. □

Research *Continued from front page*

treatments, altered-auditory feedback (AAF) has received considerable attention in recent years.

With advances in digital technology, one such AAF device, the SpeechEasy, has been designed and marketed to treat stuttering.

This small device is worn like a hearing aid and can be adjusted in terms of delayed auditory feedback (DAF) as well as frequency altered feedback (FAF)



Testing the electronic device.

parameters, and volume. According to the SpeechEasy’s associated marketing literature, such AAF adjustments of the auditory sidetone for speech mimic the effects of choral reading. Results of empirical studies can be taken to suggest that this device is effective for at least some adults who stutter (AWS; References 1-6).

We have recently initiated an empirical study to characterize, independent of manufacturer speci-

fications, the audiometric (e.g., frequency characteristics) properties of the SpeechEasy as well as its potential influence on stuttering in AWS. Specifically, we have attempted to assess how this device influences stuttering in adults with persistent developmental stutter-

ing (PDS) as well as the extent to which device settings and the use of the device in the left versus the right ear contributes to this influence.

To date, eleven participants (PDS = 7, Controls = 4) have been examined without the device in place (baseline), with the device in place but not on, with the device in place using manufacturer-suggested and manufacturer-independent settings, and in each ear independently. Reading, narrative, and conversational speech-language production were examined for each participant. For this initial study, we limited our sample to right-handed men ages 20 to 40 years who do (PDS) and do not (controls) stutter. Individual performance profiles were examined in relation to baseline output and results were computed as a proportion of utterances (stuttering events in the first 300 syllables in each speaking condition).

Preliminary findings indicate that the device has more influence on stuttering frequency during narration and reading than during conversational speech but that this effect interacts with which ear the device is worn on. That is, some participants exhibited more effect with the device in the left versus right ears. As has been shown with previous studies, there is also considerable variation among participants. The extent to which the placebo effect can account for at least some of these findings is still under investigation.

In summary, our preliminary

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Annual Audit of Foundation

The annual audit of the Stuttering Foundation financial reports for 2008 was recently completed by the accounting firm of Cannon and Company, Certified Public Accountants, Memphis, Tenn. Following is a recap of funds and expenditures for the year.

The 3.5% of expenditures for administration and general expenses and the 7/10 of 1% for

fund raising are very low, and since we are fortunate to have an endowment which more than covers our overhead expenses, donors can be assured that their gifts will go directly to support our program services.

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 | \$567,362 | 37.8% |
| Public information and education | 336,805 | 22.4% |
| Educational symposia for professionals | 184,657 | 12.3% |
| Research on causes/treatment of stuttering and therapy | 261,958 | 17.4% |
| Maintain Web site and toll-free information hotline | 88,293 | 5.9% |
| Total for Program Services: | \$1,439,075 | 95.8% |
| Other expenditures: | | |
| Administration and general | 53,276 | 3.5% |
| Fund-raising expense | 10,208 | 0.7% |
| Total Expenditures: | \$1,502,559 | 100% |

Research

Continued from page 2

results appear to indicate that the SpeechEasy device can influence stuttering during at least reading and narration, but that there is considerable individual variation in its effect. It is thought important to determine whether specific settings, ear placement or other biological factors impact users' response to the device. Preliminary findings were taken to suggest that changes in stuttering, at least for some adults who stutter, may be related to changes in speech-language monitoring, something impacted by AAF devices like the Speech Easy. These findings do seem to support the need to further study why this AAF device impacts stuttering for some but not other PDS.

Editor's note: The Stuttering Foundation is pleased to support this new research.

References

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Read Around the World

Stuttering Foundation press releases can be read worldwide! In fact, one article about V.P. Joe Biden's struggles with stuttering was published in Equatorial Guinea, the only Spanish-speaking country in Africa. □

PSAs Produce a Harvest

The Foundation has been hearing from readers across America ... in rural areas as well as suburbs and large cities ... through the medium of fruit, vegetable, and crop farming magazines. Reaching a varied group of people in rural, often isolated areas is particularly rewarding.

Other magazines and newspapers featured here have donated a record-breaking number of public service ads to the Foundation.

Farming & Agriculture



Corn & Soybean Digest, American Vegetable Grower, Greenhouse Grower, Western Fruit Grower, and Soybean Digest.

Health



The American Journal of Public Health, JAMA, American Journal of Nursing and Dentistry Today.

Technical



News & Financial



Time, The New York Post, Fortune, Technical Analysis of Stocks and Commodities, Georgia Trend, The Philadelphia Inquirer, and the Pittsburg Tribune-Review.

Sports & Style



AARP magazine, Redbook, Seventeen, New York Times Magazine, ESPN, Good Housekeeping, and Avenue Calgary.

◀ *Sound & Vision and Popular Photography.*

Stuttering and Singing

By Lisa Scott, Ph.D.

Answering young reader's question ... see page 8

We don't know for sure why people don't stutter when they sing, but it's probably a combination of reasons:

1. When you sing, you take breaths in between measures. This means that the number of words you say on one breath is very specific. When you talk, on the other hand, you can take breaths wherever you want in the sentence. Sometimes, people who stutter have a hard time keeping their air going, so it makes talking harder.

2. Different parts of our brains help us think or act in special ways. Most people's center for music is on the right side of their brains, but the speech center is on the left side of the brain. This means that the "controls" are different for talking versus singing.

3. Another idea that might explain why people don't stutter when they sing has to do with how much you have to think of words on your own. When you are talking, you have to have an idea, then pick out the words you're going to use to tell someone else your idea, then get your muscles and air going to be able to say the words. When you sing, someone else has already thought up all the words and it's not your own idea, another good reason that singing is easier than talking.

We hope this helps answer your question! □

Stuttering Study

As part of a new clinical study, researchers will test whether placebo, an investigational medication for stuttering, may offer a way to achieve more fluent speech.

More details are available at www.StutteringStudy.com. □

ADHD

Continued from front page

are more likely to present with increased ADHD-like characteristics possibly as a result of underlying neurological factors³.

While research linking stuttering with ADHD is limited at best, preliminary reports suggest that the prevalence of ADHD among children who stutter is significantly higher than in the general population^{5,6}.

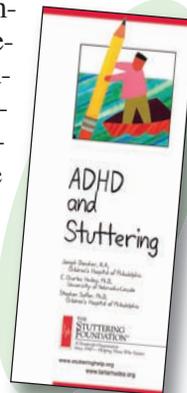
Thus, research is needed to better understand this relationship in an attempt to identify risk factors, management strategies and possible neurological underpinnings of each disorder. However, a more pressing need relates to the clinical management of children who stutter who present with diagnosed ADHD or with subclinical levels of ADHD-like traits.

The speech-language pathologist, working as part of a coordinated multidisciplinary team, must consider the impact that ADHD traits could have on an individual's ability to succeed in therapy. For example, children with ADHD frequently struggle with monitoring their behaviors on-line, especially when challenged with time pressure⁷. Thus, a child with concomitant stuttering and ADHD may find it difficult to effectively monitor his speech and make corrections at the moment of stuttering. In this case, the child may fully understand what to do but his struggling would be related to consistently using what he knows in real-life situations. Unfortunately, this could be misinterpreted as the child not wanting to use his strategies or lacking motivation.

Speech-language pathologists must also monitor for any changes in stuttering which could be due to the use of psychostimulant medication which remains the most common intervention for ADHD⁸. While it is out of the

speech-language pathologist's scope of practice to suggest whether a family should or should not pursue pharmacological intervention, any significant changes in stuttering behaviors should be reported to the medical team. The team can then determine whether to discontinue the medication, alter the dosage or switch to a different medication. Unfortunately, there are few studies describing the effects of ADHD medications on stuttering and much of the clinical management must be done on an ad-hoc basis.

Lastly, speech-language pathologists should have a thorough understanding of ADHD and resources for families and professionals. An excellent starting point is the brochure, *ADHD and Stuttering* by the Stuttering Foundation. Additionally, therapists can utilize online resources like The Stuttering Homepage and Children and Adults with Attention Deficit Disorders – CHADD. By keeping the lines of communication open between all team members, the speech-language pathologist can increase carry-over and retention of the material presented in therapy while limiting the frustration and anxiety that too often hinders progress.



For more information on ADHD and stuttering, download this free brochure at www.stutteringhelp.org.

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Eastern Workshop attendees were contacted six months after their 5-day training to see how each of them is using their training in working with people who stutter. Here's what they had to say ...

"It has been an eye opening experience for my clients when they start identifying their Negative Automatic Thoughts and the impact it has on their stuttering. The cognitive model is also used to address specific problems along with their fear and anxiety to break down the ineffective safety net they had previously created and develop an effective replacement."

"I always start my therapy sessions with 'What are your best hopes for today?' which has been shown to be such a highly effective tool to address their needs."

"The focus on positive behaviors and the use of 'special times' has provided the most frequent and positive feedback from parents of my preschoolers. It's been such a pleasure to see the relief on their faces simply because they can now shift focus from stopping disfluency to examining the fluent times."

"The way Parent Child Interactive Therapy is presented is exceptional--parents have told me time and time again how 'special time' not only helps to achieve fluent speech, but gives them the opportunity to feel the burden and worry lifted from their shoulders and revel in a truly special interaction with their child."

"The Solution Focused Brief

Therapy has given me a great way to find out what my clients have been doing since our last session to move themselves forward. I really like how the questioning leads them to solutions."

"I use the rating scale that the clients do by themselves all the time since it seems to give the client ownership on what they are or are not doing to move themselves forward. The positive approach fits so well."

"The best experience with the Parent Child Interactive Therapy has been with a young boy. The results have really been two-fold ...



his fluency has stabilized and mom feels more confident about stuttering therapy. During the video process, several 'lightbulb/aha' moments occurred as we noticed what was working. The ability to work on one homework idea each week made the plan feel manageable to her. When she identified ways to build his confidence, allowed him to problem solve situations without her interference, and learned to follow his lead in play, the fluency significantly increased. She also learned to talk openly about his fluency."

"Helping parents learn how to take responsibility in helping

their children learn is an incredibly valuable tool, as well as training the parents to focus on the things that are going right."

"The parents had been so discouraged in previous attempts at therapy, and fully believed they were doing everything wrong. Their apparent confidence as parents grew remarkably through the time of our Solution Focused Therapy. They adore the special times with the child who stutters as well as with his brother. The child decreased stuttering considerably. He's getting direct therapy now and his parents are continuing special times at home. All are moving well toward their goals."

"What I have seen to be most effective in my use of Parent Child Interactive Therapy is how the parents are now feeling empowered rather than helpless by

looking at what interaction strategies help their child to become more fluent. Integrating 'descriptive praise' and 'special time' have been effective tools for parents."

"I find myself asking 'And how would that make a difference?' and 'What else?' in most of my conversations, including those with colleagues, student teachers and family members. It sure beats 'Well, I think you should ... blah, blah, blah.' I have a long way to go with this but am in happy mode about it all."

Editor's note: Your donations help to fund workshops like this one each year and in return hundreds of people who stutter are helped. □

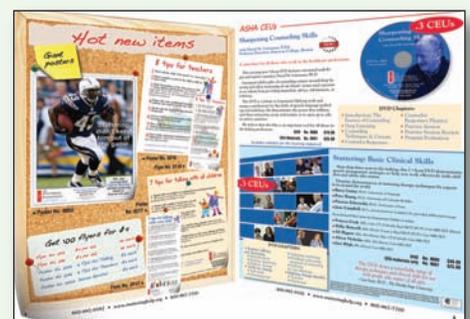
Paperless e-Catalog Available

Stepping up with the newest technology, the Stuttering Foundation launched its e-Catalog this spring.

You can load it on your desktop, browse through the pages, zoom on items of interest, search

for specific products, bookmark, make notes, and even link directly to the Foundation's Web store to order by clicking on any item.

If you would like to receive the e-Catalog link, just let us know - info@stutteringhelp.org. □



Volunteers Make a Difference



Kavita Kaul and her student Nick wowed the audience of attendees at the Virginia state convention.

Kudos to the many volunteers who give generously of their time and energy in working exhibit booths across the country! Some volunteers like SLPs Charlie Osborne and Kavita Kaul not only work in the booth but also give input into what materials to send to the convention, physically set up the booth, organize additional workers, and help man the booth throughout the event!

Charlie and Kavita contacted the Foundation and asked if they could volunteer for their state conventions. Thanks to them - materials were



Charlie Osborne, seconded by Erin Dyer, volunteer for the SFA booth at the Wisconsin state convention.

Dorothy Olson, April Brown and Carol Schaefer visit the booth.



available at the Wisconsin and Virginia conventions.

Susan Hamilton, of Washington state, is always a first-rate volunteer as she helps get the word out about the newest products on stuttering treatment at the all-day Tacoma-NSA workshop.

Terri Jones of the Foundation's Memphis office reported, "It was a privilege to represent SFA at the Mid-South Conference. I enjoyed hearing stories of the early days of the



Carol Ecke, helped by Connie Dugan, man the Illinois state convention booth for the Stuttering Foundation.



Carl Dell and Carol Ecke with a copy of his seminal book, *Treating the School-Age Child Who Stutters*.

Foundation from the many attendees, many of whom remembered founder, Malcolm Fraser. I also got feedback on how our materials are helping their clients."

"Professional boother" and booster Carol Ecke continues her enthusiastic convention schedule and relates how exciting it is for her to have SLPs and students volunteering in the booth alongside of her. □



Carol Ecke worked her magic to get the Stuttering Foundation booth ready at conferences in California.



Terri Jones brought SFA products to the University of Memphis NSSLHA Conference.



Susan Hamilton in Tacoma, Wash., where Dr. Tricia Zebrowski presented an all-day workshop on fluency.

Sproles

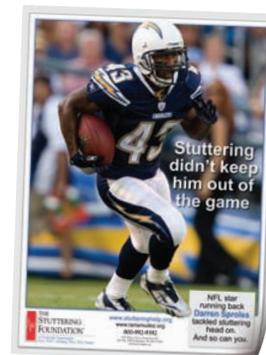
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"We've been inundated with requests for the new poster featuring Darren "jumping off the page," said Pat Hamm at the SFA Memphis office. "We've never seen this kind of response before."

Newspaper editor Akwasi Evans requested a copy of the new poster for his office in Austin, Texas. He re-

lates, "I have been working on my stuttering for 54 years and still haven't conquered it, although I control it well enough to host a weekly radio talk show, conduct television interviews and accept regular public speaking engagements."

For him, as for so many others, Darren Sproles stands out as an outstanding role model. □



NFL star running back Darren Sproles is featured on this new poster.

Checklist Reaches Pediatricians

The American Academy of Pediatrics will incorporate the Stuttering Foundation Checklist for Referral in their upcoming 2010 PREP Self Assessment publication. It is a compilation of clinically relevant review questions and critiques based on the AAP Content Specifications for Maintenance of Certification.

The checklist will be made

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



available not only to more than 30,000 pediatric residents but also to all AAP subscribers through print, online and CD-Rom.

As a result, thousands of young children who experience disfluencies will be helped in a more timely manner. □



June Campbell answers questions during a conference of Pediatric Nurse Practitioners.

Malcolm Fraser Community Service Award Presented in Memphis

By Cara Donahue

Each year the Malcolm Fraser Community Service Award is presented by the Mid-South Conference on Communicative Disorders to an individual in the Memphis community as a tribute to a man who contributed greatly to the field of communicative disorders, namely in the field of stuttering.

Malcolm Fraser, together with his brother, was one of the early founders of the NAPA Genuine Parts Company in Atlanta in 1928. He used the money from auto parts stock to start the Stuttering Foundation of America. Today the Foundation reaches people in 126 countries, and Mr. Fraser's book, *Self Therapy for the Stutterer*, has helped countless numbers of people who struggle with stuttering.

The Malcolm Fraser Community Service Award honors his many accomplishments and unselfishness and is given to an individual who like Mr. Fraser has made a signifi-

cant contribution to the field of communication disorders.

This year's award recipient, Cindy Myers, as the mother of a child with special needs, is an advocate for not only her daughter, but other children with disabilities in the Memphis area who are also communicatively delayed.



Cindy Myers (right) with her daughter Gabriella, and Becky Jones, NSSLHA president.

A few years ago, Cindy created both a social skills group and a Sunday School group at Hope Presbyterian Church as a way to give these children the opportunity to build communication skills. Laura Martin and several University of Memphis speech pathology students commented, "Cindy has shown passion and commitment while organizing these programs. She has spent countless hours working to provide children with an accepting environment where they can develop communication skills at their own pace."

Cindy's selfless attitude and dedication exemplify the ideals consistent with Mr. Fraser's. □

Pediatric Nurse Practitioners Undeterred by Economy

Pediatric Nurse Practitioners flocked to San Diego from throughout the country for their Annual Conference.

June Campbell visited with practitioners from more than 18 states, including Massachusetts, Georgia, Illinois, Arkansas, Utah, Florida, New Hampshire, Minnesota and Texas.

Some nurses stopped by to share how the Foundation's literature has helped their patients, others were students who had not yet been exposed to the literature or Web site and others shared how they used books and brochures in Nursing Education programs.

June noted, "Some of my favorite conversations were with children joining their mothers at the conference. They enjoyed asking questions about stuttering, sharing about children they know who stutter and looking at SFA's books *Trouble at Recess* and *Sometimes I Just Stutter*." □

Dear SFA: Reader Response



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

Like a roller coaster

Dear SFA:

My name is Britney, and I'm 8 years old. I have been stuttering since I was 5 years old. When I start to stutter my mom tells me to think about what I'm going to say before I talk. Every time I stutter it feels like a roller coaster because when I stutter the roller coaster goes bump, bump, bump. That is why stuttering feels like a roller coaster to me. I get frustrated a lot because when my cousins tease me I start to stutter a lot. But sometimes I try not to think about the teasing and I try to calm down. I tell them to stop teasing me because that will make me stutter even more. And now I'm starting to get better. One of the things I learned in speech is about eye contact. I am glad I am in this speech class because I am starting to get better at not stuttering.

Britney, 8
Pomona, Calif.

Singing question

Dear SFA:

My name is Lizette. I would love to tell you about my stuttering. Sometimes I get really frustrated and other times I'm calm. You see I hate it when people try and help me and say "slow down" or "what did you say?" It just makes me think more about stuttering and that's when I get nervous and tend to stutter even more.

I love to sing, and my friends will ask me, "Why don't you stutter when you sing?" That's where I get stuck. I don't know what to say.

Yes, I do accept who I am and I know that no one is perfect, but

sometimes I just want to pull my hair out. My stuttering usually is when I start to get really excited or really nervous.

Lizette
Cache, Okla.

Editor's Note: See page 4 for a reply from Dr. Lisa Scott.



Joel (left) and Shawn, 10-year-old twins, celebrated Pi Day by memorizing more than 150 digits of Pi between the two of them. Pi Day is celebrated by math enthusiasts around the world on March 14, which is taken from the first three digits of the equation and happens to be Einstein's birthday. Shawn, who has been stuttering since a young age, has been doing adult puzzles since he was 5 years old.

Going down the road

Dear SFA:

My name is Greg. I'm 9 years old and in the third grade. I think stuttering is like a car on a road. If you stutter, you are going too fast. If you don't stutter, you go where you want to go and you don't get a ticket.

Greg, 9
Hanover, Pa.

Stuttering is OK

Dear SFA:

My name is Damian and I stutter. Sometimes I am mad because when I am reading at school some say "hurry up" and sigh, and I don't like that. But it is OK to stut-

ter. To me, nothing is wrong with it. And I don't care what people think about my stuttering.

Damian
Cache, Okla.

Stuttering feels like a ball

Dear SFA:

My name is Jabaree. I've been stuttering for 6 years and I'm through with it!

My stuttering feels like a basketball. When the ball bounces, I feel like I can't get my words out. And when I shoot the ball, I drag my words out. Dragging my words and sliding are the best ways I use to not stutter as much. Some kids ask me why I talk like that, and I tell them I stutter.

Most of them are my friends, and they don't tease me. When I get teased, I try to ignore it and I don't get mad.

In all I'm OK and I like my life.

Jabaree
Pamona, Calif.

Speech teacher helps

Dear SFA:

Hi, my name is Derrik. I block sometimes. I feel OK about my speech. I repeat stuff a lot, but sometimes I don't repeat a lot. I go get help from my speech teacher. I feel blocking is a little OK.

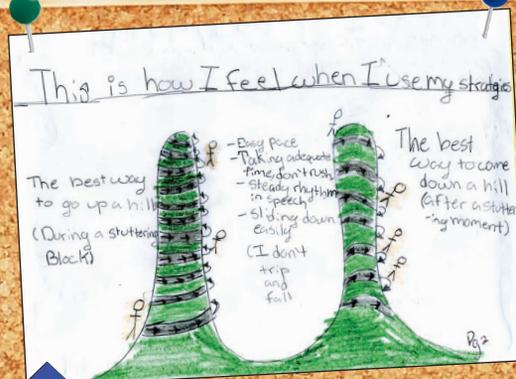
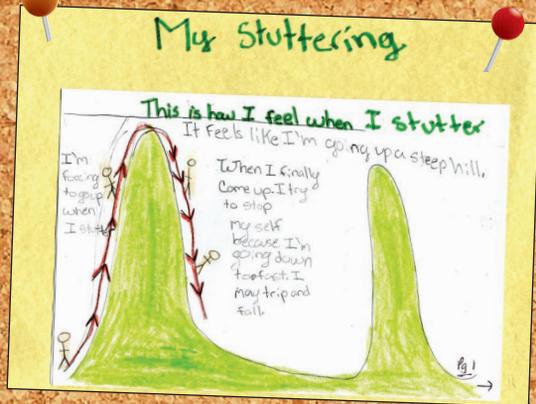
Derrik
Hanover, Pa.

Making friends

Dear SFA:

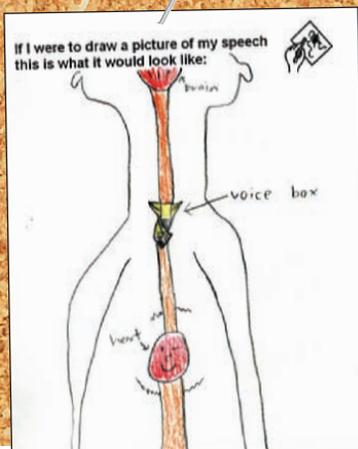
My name is Evan and I am 11 years old. I stutter like all the other kids who write to the Stuttering Foundation. I repeat my words but that's OK now because I go to speech class and I've improved so

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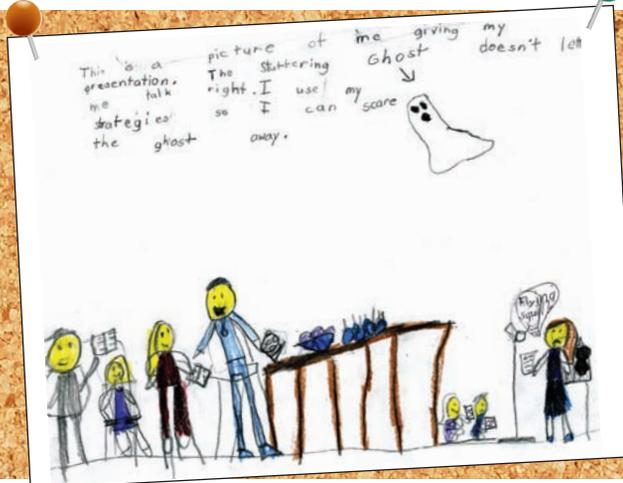


First picture: "This is how I feel when I stutter... It feels like I'm going up a steep hill. I'm forcing myself to go up when I stutter. When I finally get up, I try to stop myself because I'm going down too fast. I may trip and fall," writes Nicholas, 6th grader from Henrico, Va.

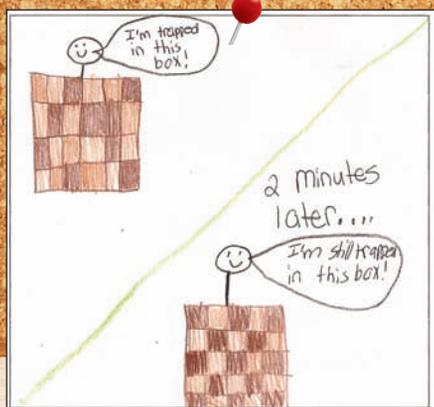
Second picture: "This is how I feel when I use my strategies... The best way to go up a hill during a stuttering block... easy pace, taking adequate time, don't rush, steady rhythm in speech, sliding down easily (I don't trip and fall).



"If the voice box and mouth make you stutter, then the brain will get rid of the bump. If the brain can't do it, then you will have to get rid of it yourself. Another way is to speak slowly," writes Hunter.



"This is a picture of me giving my presentation. The stuttering ghost doesn't let me talk right," writes Ambrosia, 8, of Pittsburgh, Pa. "I use my strategies to scare the ghost away. When I was in first grade I had to give a presentation on a flying squirrel. I was shy because I was afraid that I would get stuck on my words. My teacher had to do it for me. It's okay to get stuck on words sometimes. Now that I use my pull-outs, I don't stutter as much when I am talking to people."

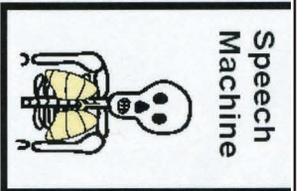
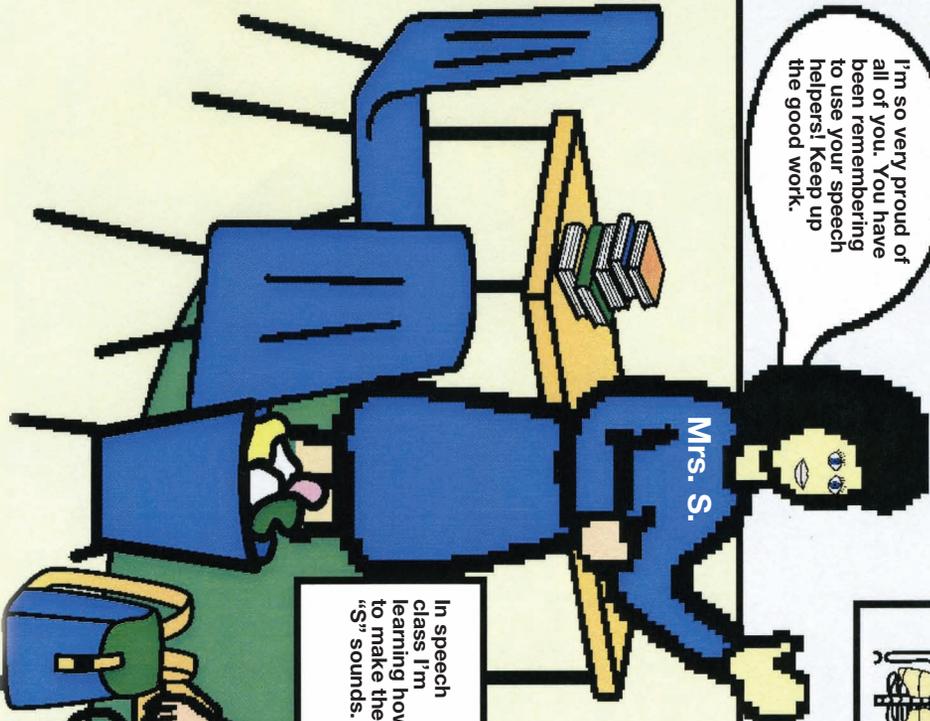


◀ Sometimes when we stutter we feel like we are trapped in a box," writes J. from Brooklyn, N.Y. "Sometimes when you stutter you feel nervous and forget the way to come out of the stutter."



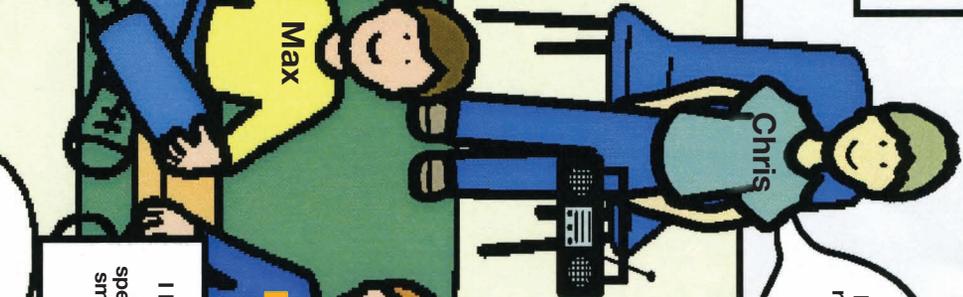
Welcome to Speech Class

I'm so very proud of all of you. You have been remembering to use your speech helpers! Keep up the good work.



- Some of Our Speech Helpers**
- slide
 - bounce
 - pull-out
 - easy onset
 - pausing & phrasing
 - light contact
 - cancellations
 - slow & easy

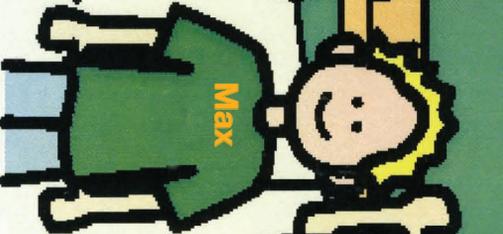
In speech class I'm learning how to make the "S" sounds.



Mrs. S. has helped me to really improve my speech.

I like speech class. My speech is much smoother than before.

I am learning to use less bumps in my speech.



I was nervous when I started speech. I thought I would be teased. I was wrong.

Speech class has helped me.

I learned to use many speech helpers in therapy. My speech is so much smoother.

Zackary

These computerized drawings were created by students in Mrs. S' speech class.

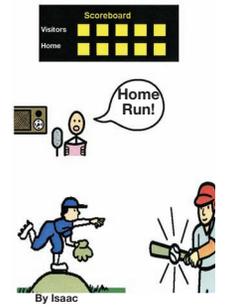
Dear SFA,
My name is Chris and I am in the fifth grade. I have been going to speech therapy since kindergarten. I have learned different ways to help my speech. When I use them, my speech is not bumpy. When I forget to use them my speech is bumpy.
Chris



By Chris

Do you have a letter, drawing, or poem you would like published? Please send it to us with your name, phone number, age, and signed parent permission form. Mail to:
The Stuttering Foundation, 3100 Walnut Grove Road, Suite 603 Memphis, TN 38111-0749.

When you remember to use your speech helpers, you can hit a home run!!!



By Isaac



By Max

I get embarrassed when I have bumps in my speech. When I use my speech helpers I won't get embarrassed any more. It is hard to always remember to use my speech helpers all of the time but I am trying.

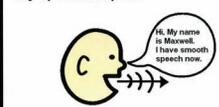


By Maxwell

This is what my speech sounds like when I do not use my speech helpers.



This is what my speech sounds like when I remember to use my speech helpers.



Letters

Continued from page 8

much. I've gotten teased by a lot of kids. When I get teased, it's like getting punched in the face. The kids who teased me are now my friends because I forgave them. What I ask for from a friend is for them to treat me the way they want to be treated.

Through the years, stuttering hasn't pushed me back from playing sports and doing activities. Its actually pushed me forward and allowed me to tell my friends about my stuttering.

Thank you Stuttering Foundation for supporting all the kids in America. And, remember, there is no perfect speech. All the perfect speech you could get is confidence and it is all from the heart.

Evan, 11
Stevenson Ranch, Calif.

Ignore teasing

Dear SFA:
My name is Naftali. I am 8 years

old. I stutter. I think that stuttering is not bad at all. Sometimes people tease me. I ignore it because no one is perfect and no one will ever be perfect.
Naftali, 8
Far Rockaway, N.Y.

Things that help

Dear SFA:
My name is Cherrelle. I attend Fairfield Court Elementary. When I am talking, sometimes I start to stutter a little bit. When I'm with my speech therapist, it's like I never stutter. I never stutter when I read something. When she closes the book, I start to stutter. When I stutter, first I'll stop then I'll start over and make up a little rhythm to the speech. When I'm with my family, I stutter a lot. But now I'm used to stuttering around people. If you stutter, it is OK. Just tap your leg and start on your sentence. It will really help.
Cherrelle,
Richmond, Va.

What should I do?

Dear SFA:
My name is Makayla. I am 8 years old. I'm like my daddy because he stutters too. People make fun of me I get sad because I feel bad for stuttering. I was wondering what should I do if someone makes fun of me? What did the other kids do?
Makayla, 8
E-mail

Editor's Note: Be sure to read the letters in this newsletter from other children who have ideas about teasing. Remember to not let the teasing get you down and to stay calm. It's okay to let others know teasing hurts and to ask them to stop.

Another good resource is Sometimes I Just Stutter. In it, every time 9-year old Mark is teased, he just grins and says, "Come back when you can stutter better than I do!" □

Blues legends have *Even stuttering*

B.B. King

B.B. King and John Lee Hooker have much in common. Born in Mississippi only a few years apart, both are considered among the best blues guitarists of all-time. Both King and Hooker have been inducted into The Rock and Roll Hall of Fame. However, what the public may not know is that they have another thing in common: stuttering.



B.B. King was born Riley B. King in 1925. Listed as number three on Rolling Stone's list of the 100 greatest guitarists of all-time, King's career and accomplishments are legendary, yet his stuttering has received scant attention over the years.

B.B. stuttered from the time he was a child. According to *Everyday I Sing the Blues: The Story of B.B. King* by David Shirley, while in grade school King attended the lively Pentecostal church services, and it was there that he discovered he had a special gift for music. People were amazed that he could sing so beautifully without stuttering. The church's pastor contended that it was the Holy Ghost who sang so gracefully through B.B.'s throat when the young lad joined the choir.

In his 1996 autobiography, *Blues All Around Me: The Autobiography of B.B. King*, King wrote, "I struggle

with words. Never could express myself the way I wanted. My mind fights my mouth, and thoughts get stuck in my throat. Sometimes they stay stuck for seconds or even minutes. As a child, I stuttered. What was inside couldn't get out. I'm still not real fluent. I don't know a lot of good words. 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. Words aren't my friends. Music is. Sounds, notes, rhythms. I talk through music."

King faced the typical difficulties faced by many children who stutter.

However, he had role models who stuttered. His Uncle Major was a severe stutterer and King wrote of him, "Probably because I stuttered too, the way he suffered with his speech broke my heart and made me love him even more. There was a silent bond between us. Unlike others, I could feel what he wanted to say and sometimes said it for him."

His great-grandfather, Pop Davidson, who had been a slave, was a major influence on King's life and also stuttered. King's admiration for his great-grandfather helped him accept his own stuttering. When discussing their stuttering bond in his autobiography, King wrote of his great-grandfather, "Sometimes I wondered about Pop's stuttering, which unlike Uncle Major's, frustrated him like crazy; I wondered if a speech impediment has to do with a boiled-up fury inside. Why did I stutter? Classmates were cruel and called me stupid, teasing me something fierce. But I never saw anyone tease Pop Davidson."

Countless times in his life, King has stated that singing was always easier than

speaking. He claims that his stuttering has decreased over the years but is always there. □



many things in common

John Lee Hooker

John Lee Hooker, born in 1915, also took refuge in music at an early age as he struggled with stuttering. In the biography *Boogie Man: The Adventures of John Lee Hooker in the American Twentieth Century*, author Charles Shaar Murray states, "Hooker sounds as if he has \$100,000 worth of sophisticated digital goodies built in his chest and his throat. Yet his voice is quiet and muted, its tonal richness offset by a residual stammer and blurred by the deepest alluvial accents of the Mississippi Delta."

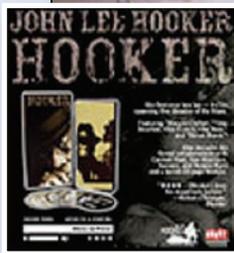
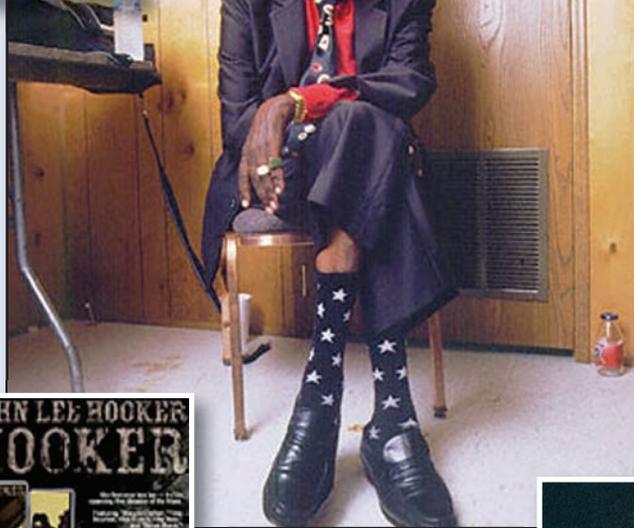
Murray also writes about how so many people do impressions of Hooker and that his stuttering is a big part of it. "Anybody who tells you an anecdote about John Lee Hooker as a young man – and Buddy Guy is the current champ, by a very short head indeed, of the Hooker Impressionists League – will inevitably end up mimicking his characteristic stutter." Also, Bernard Besman, the producer who first recorded Hooker, claims that the primary reason for his decision was that he was intrigued by the scenario of a man who stuttered when he spoke, but not when he sang.

Reportedly in a spirit of self-parody, Hooker used an exaggerated stutter

when telling stories against himself.

This good natured form of self-parody is evident in Hooker's classic 1953 song "Stuttering Blues."

In 1980, Hooker appeared and sang in the now classic movie, *The Blues Brothers*. As a result, the look of John



Belushi's character, Jake Blues, was directly influenced by Hooker's trademark sunglasses and soul patch.

Though his stuttering reduced to some degree in his adult life, Hooker is remembered by friends as putting them at ease about his stuttering by being able to poke fun at his speech in a soft way. □

To list all of the accomplishments of these two famed blues guitarists would be a major task. B.B. King and John Lee Hooker have an infinite number of CDs available on Amazon.com and to say that the two are well represented on YouTube is an understatement. It is disheartening to think that the general public does not know that the two greatest blues guitarists of all-time shared the common bond of stuttering and that their speech problems were responsible for leading them to music at an early age and on their way to international superstardom.



News Briefs

★Speakeasy Symposium XXVII, May 1-3, 2009, in Saddle Brook, NJ. For more information, contact Bob Gathman at 201-262-0895 or e-mail speakeasyusa@optonline.net.

★FRIENDS, the National Organization of Young People Who Stutter, July 23-26, 2009, Tampa, Fla., www.friendswho stutter.org.

★National Stuttering Association Conference - July 8 - 12, 2009, Scottsdale, Ariz., www.westutter.org.

★ELSA's 7th Youth meeting - July 25-31, 2009, Settle, England, e-mail elsa.europe@telia.com.

★6th World Congress on Fluency Disorders - International Fluency Association, Aug. 5-8, 2009, Rio de Janeiro, Brazil, www.theifa.org.

★BSA National Conference, Sept. 11-13, 2009, at the Harrow campus of the University of Westminster, London, www.stammering.org.

★International Stuttering Awareness Day Online Conference - Oct. 1 - 22, 2009. Freely available and linked starting Oct. 1 at www.stutteringhomepage.com.

★American Speech-Language and Hearing Association Convention - Nov. 19-21, 2009, New Orleans, La., www.asha.org.

★14th Speak Easy Convention, Australian Speak Easy Association - Feb. 18-21, 2010, Sydney, Australia, www.speakeasy.org.au.

Books

Books on Stuttering or Related Topics:

★*Only When I Talk* by Bob Hubbard. 2007. Available online at www.amazon.com.



The Stuttering Foundation of America is a tax-exempt organization under section 501(c)(3) of the Internal Revenue Code and is classified as a private operating foundation as defined in section 4942(j)(3). Charitable contributions and bequests to the Foundation are tax-deductible, subject to limitations under the Code.

★*Over the Side* by Richard Wells, USN AFJ and USMC Merchant. 2008. For more information, e-mail bwana@ameritech.net.

★*Stuttering Stan Takes a Stand* by Artie Knapp. 2008. Available at www.amazon.com.

★*Practical Intervention for Early Childhood Stammering* by Elaine Kelman and Alison Nicholas. (2008) Speechmark Publishing, Ltd. Milton Keynes, U.K., www.speechmark.net.

★*Stammering, Advice for All Ages* by Renee Byrne and Louise Wright. (2008), Sheldon Press, London, www.sheldonpress.co.uk.

★*Speak Freely: Essential Speech Skills for School-Age Children Who Stutter* by Mark Allen, Ph.D., (2007) Speak Freely Publications, Evanston, IL, www.cfst.com.

★*Stuttering: An Integrated Approach to Its Nature and Treatment, Third Edition* by Barry Guitar. 2006. Available from Lippincott, Williams & Wilkins, 800-638-3030, www.LWW.com.

★*Beyond Stammering*, Revised edition by David Maguire. (2008) Souvenir Press, London.

★*Stuttering Recovery Personal and Empirical Perspectives* by Dale F. Williams. 2006. Available from Lawrence Erlbaum Associates, Mahwah, NJ, www.erlbaum.com.

★*Speech Therapy for the Severe Older Adolescent and Adult Stutterer: A Program for Change* by George Helliesen. 2006. Available from Apollo Press, Newport News, VA, 800-683-9713, www.apollopress.com.

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

★*Early Childhood Stuttering: For Clinicians by Clinicians* by Ehud Yairi and Nicoline Grinager Ambrose. 2005. Available from ProEd, Austin, TX, and www.amazon.com.

★*50 Great Activities for Children Who Stutter* by Peter Reitzes. 2006. Available from Pro-Ed, Austin, TX, www.proedinc.com.

★*Current Issues in Stuttering Research and Practice* by Nan Bernstein Ratner and John Tetnowski. 2006. Lawrence Erlbaum Associates, Mahwah, NJ.

★*Begaieiment: Intervention preventive precoce chez le jeune enfant* by Anne Marie Simon et al. 2005. Available from the Association Parole Begaieiment, www.begaieiment.org.

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

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

★*Sharing the Journey: Lessons from my Students and Clients with Tangled Tongues* by Lon Emerick, Ph.D., available from the Stuttering Foundation at 800-992-9392.

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

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

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

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

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