

LETTING GO

nsa NATIONAL STUTTERING ASSOCIATION

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Stuttering doesn't stop Lee Reeves! Many people who stutter are great communicators, are in the public eye, give presentations to large audiences, and can inspire you to achieve more. Lee is all of these and has been a frequent speaker on the subject of stuttering at meetings for speech-language pathologists and others.

Acceptance

BY LEE REEVES



Acceptance is a frequently discussed concept by those affected by stuttering. Because it is an abstract and often very personal concept discussions can bring out strong emotions and opinions. Some have suggested that accepting one's stuttering is tantamount to giving up or giving in and thus decide to remain locked in a world of fear and limited opportunity. Others have stated that acceptance means that it's not only OK to stutter but that stuttering could and indeed should be worn (or spoken) like a badge of honor. Still others believe that acceptance is a necessary first step for change to occur.

Through my own journey with stuttering I have come to believe that acceptance is reaching a state of mind in which we acknowledge both externally and internally that our inability to speak with the spontaneity and fluidity of others is real but is not our or anyone else's fault; that while stuttering is part of who we are it does not define or limit us.

The concept of acceptance does not mean that we are destined to remain at or even be satisfied with the condition in

which we find ourselves. It does mean, however, that we have reached a point where we can make clear decisions on our own behalf without the baggage of the past holding us back or the blind optimism of the future jading our expectations for "perfect" speech. The decision to change the way we speak requires personal risk and will be met with both success and failure. However, with a foundation of acceptance, success is more sustainable and failure is less destructive.

Simply put, we cannot change the way we speak for any appreciable period of time until we become comfortable with the idea that we are more than our stuttering and that we alone have the power to determine what to do about it. Accepting stuttering does not mean giving up. It is not the end but rather, the beginning! ■

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Lee is a successful veterinarian in Plano, Texas. He founded one of the first local stuttering support groups and served as chairman of the NSA. He remains extremely active at the local level and is happily married to Nina Reeves, whom he met through the NSA.



NSA All-Star Panel

NSA's keynote speeches are just one of the highlights of the annual conference. The NSA has been honored to host a number of high profile individuals. We relate to these wonderful presentations as they unveil the journey with stuttering, with many stops along the way toward acceptance and success.

This year, the NSA is proud to feature our own! NSA members will talk about where they are on their journey with stuttering. Adults who stutter, speech-language pathologists who stutter, kids and teens who stutter, and parents of those who stutter will share their successes, challenges, and how they handle every day stuttering. Attendees will have the opportunity ask the panel questions during this general session.

Reasons Not To Miss the Conference

Here's a glimpse of some of the workshops and events that will be offered this year at the annual conference. Please note these are not all of the workshops and workshop presenters being offered. We hope to see you in Cleveland, Ohio, July 7-11.

conference schedule on page 7

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Thank You, Volunteers

A HUGE thank you to the following volunteers who have assisted us recently with various projects: writing for newsletters and Web site, redesigning and proofreading NSA brochures, keeping up with NSA's Facebook and Twitter accounts, and audio-video projects.

Jeffrey Gibellina



was born and raised in the Chicagoland area. After graduating from Marquette University in 2006, he now works in the marketing

department of a national education publisher on the north side of Chicago.

Behnaz Abolmaali is a person who stutters. She graduated from the University of Texas at Austin in 2008 and is a writer living in Austin who leads the NSA Austin chapter.

Alexa Jaworski is a volunteer writer and Web editor for the NSA. She lives in New York City and works as a business journalist.

Mike Bauer



was born and raised in Pittsburgh. For the last 4 years he has worked for the Orlando Magic Broadcasting Department as a

producer/videographer/editor. He previously worked for Walt Disney World Entertainment for 7 years and filmed Motorcross and Supercross races for ESPN2. Mike has been involved with the NSA support group in Orlando, Florida, for the last 4 years and became co-chapter leader in 2009. He has attended two NSA conferences.

Mike's married and has 5-year-old-twins. He loves spending time around the water, working out, going to sporting events, and spending time with his family.

Stephanie Pace Smith is a graduate from the University of California, Berkeley and is a person who stutters. She is an ABA therapist who avidly volunteers her time with the NSA's news team. She and her husband Rob live in Boston, Massachusetts, where they both enjoy as much sun as they can get!

Snapshot: David Blazina



Here's a chance to get to know David Blazina, our assistant editor who manages and edits the Odds & Ends column for LETTING GO. Below he shares some information about himself.

I grew up on the southwest side of Chicago and have always lived either in the city or the surrounding suburbs. The onset of my stuttering was later than most – I was about 9 years old. While the schools I attended did not provide any help in terms of speech therapy, my teachers were usually patient and I do not recall too many instances of them finishing my words or discouraging me from participating in discussions. My classmates and the general public, however, were not always so polite.

My parents were active in seeking treatment for me, and I did see a few different speech pathologists. None of them, at least in my case, proved to be particularly effective. They also discovered what may have been the only support group at the time, the National Stuttering Project (now the NSA), and I began receiving their mailings and newsletters.

It was not until I was in my late 20s that a speech pathologist, Kristin Chmela, taught me fluency shaping techniques such as easy onset and phrasing that allowed me to stutter with less tension and fewer blocks. She also helped me to overcome bad habits such as word substitution and talking on residual air. I think I would have been able to more effectively incorporate these techniques into my speech had I learned them as a child. This likely would have resulted in fewer difficulties with my speech throughout childhood, adolescence, and adulthood.

The Joys of Jobs

In high school, much to the surprise of my family, I took a job in a mall as a salesman in a men's clothing store. Looking back I guess I am a little surprised I did it, too. While I have always been very self-conscious about my speech I tend to be personable and enjoy talking to and joking around with people, and being a salesman gave me plenty of opportunities to do that. I became an assistant manager which not only meant

that I was given the keys to the store but also that fellow employees could point to me when irate customers demanded to speak to a manager. The store had an ill-conceived "No Cash Refunds" policy, and you can imagine how well that went over with an already dissatisfied customer. It was always a real treat to deal with an increasingly red-faced shopper as I explained our policy to them and watched them grow ever closer to yelling at me. This often resulted in stressful, anxiety-ridden speaking situations.

Toward the end of college and immediately afterward I started to become aware of how my speech could negatively affect my ability to get a job. That was before the Internet Age at a time when your first contact with an employer was via telephone. Today a prospective employer can receive your cover letter and resume via e-mail and be familiar with your educational background, career experience, and what you can offer them as an employee before they talk to or meet you. Back then, as I said, the first impression you made was often over the phone, and as many people who stutter are aware that does not always go very well. After holding a variety of jobs I am currently employed as an editor for an educational software company and enjoy working in publishing.

Lately I have been, with significant help from my brother, remodeling my place – replacing doors and lighting, tiling, painting, and refinishing what I can – fun stuff like that. Doing the work yourself can be satisfying, especially when it turns out well – and so far I think it has.

Finally, I would be remiss if I did not mention that I have a chocolate lab named Arkansas who never met a table scrap he did not like or a rabbit he did not want to chase, and a cat named Floyd who, for no discernible reason, often decides that he immediately needs to be in a different room. ■

CHAPTERNEWS

FROM BONNIE WEISS

AUSTIN, TEXAS

Chapter Leader Behnaz Abolmaali writes that the Austin, Texas chapter is doing very well. In March members met at Mangia Chicago Stuffed Pizza. This was a more casual setting a few blocks away from their normal meeting place at the University of Texas. Eight people attended. Tony, who had recently joined the group, led a discussion on how stuttering had negatively or positively affected their communication abilities. Group members discussed how fluency and communications are two separate concepts and that they could reach a level of success in managing their stuttering to become effective communicators and leaders.

BOSTON-NORTH, MASSACHUSETTS

The Boston-North chapter met on April 1. Brion Berghaus reports that their meeting was great, with seven people in attendance. During the introductions and welcoming words, people talked about issues in their lives such as flooding stories, tutoring, and layoffs. The folks at the meeting were asked to give impromptu speeches. Each of the speeches was about two minutes long. Some of the topics included the recent flooding in the Boston area, recurring dreams, fashions, peoples' hometowns, life lessons, and favorite holidays. Bob Rochefort, the New England chapter coordinator, attended the meeting, and group members were very happy he came.

CENTRAL NEW JERSEY

Eleven people turned out for the Central New Jersey meeting. There were eight people who stutter, including one new attendee, and three graduate students in the field of speech pathology. At the beginning of the meeting, Chapter Leader Hannah Laday had everyone introduce themselves and share something new that they had experienced. They then broke into two groups so everyone had a chance to talk about challenges they face. Some of the dialogue was about expanding comfort zones, finding inspiration from other members at the NSA meetings, and self-

acceptance as a foundation for being willing to test new comfort zones. The chapter has a member who is 78 years old. She joined the group about 18 months ago. At the end of the meeting, she emphatically announced, "I take inspiration from all of you, and I want to work on expanding my comfort zones."

ILLINOIS STATE UNIVERSITY – NORMAL, ILLINOIS

Jean Sawyer reports that their April 8 meeting was attended by two group leaders, one undergraduate student in speech pathology, and three people who stutter, which included one first-timer. The three people who stutter shared stories. Topics discussed included therapy, and two members talked about how they wished they were more dysfluent around their speech therapists so there would be more to work on. They also talked about dating, ordering food at restaurants, and listeners who seem to bring out more stuttering.

LOS ANGELES, CALIFORNIA

There were nine people at the April meeting, including eight people who stutter and one speech-language pathology student. Two persons at the meeting were first-timers. One member wanted to speak eloquently, without fear and nervousness. It was pointed out that many public (and fluent) speakers report that they don't feel comfortable and fearless when speaking in public. One of the attendees also said that some amount of fear means that they are concerned about performance. The group then had multiple interesting discussion including correlations between age and the ability to manage stuttering, eye contact, and the "time warp" feeling during a stuttering block. They also discussed the ability of some people who stutter to put on a "game face" during tougher speaking situations as well as how to better manage tougher situations. The meeting ended with a discussion about reading versus spontaneous speech.

NSA Named Special Recipient

Gary Benjoya, vice president of Special Kids Network in Chicago, says that the NSA has been selected as a "Special Recipient" of their 11th Annual Celebrity Golf Tournament. The charity organization raises funds for children with special needs. The event will be held August 2, 2010, in Chicago.

"I am very excited to have the NSA be a part of our charity this year as [its mission] touches me personally," Gary says. "Our family became aware of NSA through Nina Reeves when my son Corey used to go to Nina for speech therapy. Nina initially directed us to the NSA Web site to review materials, and then we went to the NSA national conference that was in Chicago a few years ago. It was at the conference where we really gained an understanding as to how stuttering impacts families in different ways. While Corey is a very outgoing 14-year-old boy who does not have an ounce of shyness in his body, and is probably one of the more talkative kids of all his friends and hockey teammates, stuttering still impacts him in his day to day life. The conference really touched us.

"I am very thankful that Nina introduced my family to the NSA and that in some way I have been able to give back to the NSA financially through the Special Kids Network (specialkidsnetwork.org). I am also thankful for the help that Special Kids Network gets from Tammy [Flores] and Nina every summer at our Annual Celebrity Golf and Tennis Outing. Their hard work and tremendous dedication do not go unnoticed."

If you would like to be a part of this golf tournament, please contact NSA Executive Director Tammy Flores at 800-364-1677 or info@westutter.org.

ODDS&ENDS

FROM DAVID BLAZINA

Annie Bradberry

On Monday, March 2, long time NSA member **Annie Bradberry** spoke to the graduate class at Loma Linda University in her home state of California. A former NSA executive director, Annie has been visiting Loma Linda University for more than 18 years where she is given the class for that day to share her life experiences, talk about the benefits of NSA resources, and answer questions.

Loma Linda student **Caiti McCulloch** was quick to pick up a NSA button and proudly wear it on her school backpack.

Wisconsin ASHA Convention

Bob Lee, Gloria Klumb, and Ann Mikkelsen attended the Wisconsin Speech-Language-Hearing Association (WSHA) meeting in Oshkosh, WI from February 24–26. Bob submitted the following report:

We worked at the exhibitor booth for the NSA. This was a great opportunity for Gloria and I to spend the time with speech-language pathologists (SLPs) and teachers from all over the state. We were able to provide NSA handouts to SLPs about kids, teens, and adults who stutter and give them information about the NSA that explains what our organization does for people who stutter. More importantly, we were able to interact with the SLPs about our feelings and thoughts about stuttering in general and what has helped us with our own speech. I think this was very beneficial for both of us.

On Thursday morning Gloria was taking the elevator to the meeting area and a person getting on the elevator starting talking to her. He was **Thomas Kehoe**, a person who stutters and an employee of Casa Futura Tech Company, which makes delayed audio feedback (DAF) devices for people who stutter. When he was finished talking I told him my name and that I was with the National Stuttering Association. It almost felt like an NSA conference.

Later, Thomas and I were able to talk, and he explained more about the devices. He told me that the device should not be worn all the time. You should only use it when you need it, and the hope is that over time the feeling of fluency will carry over to all of your speaking situations. He also said they now have a wireless device that works with Bluetooth.

We also were able to talk with the Speech Easy (SE) people. They have a new model they are marketing. In the past it was said that the SE blocked the hearing of the user. The new model has a small hole in it so you can hear in the ear that it's in. We were able to try it but found the background noise was too loud.

I attended a workshop called Essential Speech Skills for School Age Children Who Stutter. The session was taught by **Mark Allen** from the Center for Stuttering Therapy. **Erin Dyer** had recommended Mark to the WSHA as a speaker to discuss stuttering therapy.

Mark presented a number of stuttering modification strategies including catching the stutter, relaxing the stutter, slide with your stutter, and easy stuttering. The last part of the session was fluency enhancing strategies. These included relaxing breath, easy voice, smooth movement, and light contact. Mark showed video clips throughout his presentation which greatly enhanced the learning experience for the audience.

By working an NSA booth we found out that not all of the SLPs knew about the NSA chapters. I am glad I printed out the sheets that listed all the information on the three chapters in Wisconsin. Some SLPs took extra copies so they could hand them out to parents and clients.

The highlight of the conference was Gloria receiving the Outstanding Service Award.

Gloria and I are looking forward to attending the 2011 WSHA conference and are also looking into having a booth at the teachers' convention in October.

Wedding Bells

The NSA would like to congratulate the co-leader of the Roseville/Sacramento chapter, **Stephanie Lopez**, on her April wedding to fiancé **Spencer Fjelstrom**. Introduced to each other via mutual friends, they reside in Sacramento. Stephanie works for the California State Senate and Spencer works for Blue Diamond Growers. Stephanie has attended three conferences.

Cap and Gown

The NSA would like to congratulate **Lisa Bennett** on her upcoming graduation from Wichita State University's Department of Communication Sciences & Disorders in December 2010. Lisa has attended the NSA conferences in Chicago, Atlanta, New Jersey, and Scottsdale and aims to work in a rehabilitative setting. Her goal is to become ASHA certified in fluency and earn a board-recognized certification in fluency disorders.

Lisa credits her interest in the SFA, as well as the fact that stuttering runs on both sides of her family, as her reason for pursuing an SLP degree.

Celebrating a Milestone

The parents of former NSA Executive Director **Annie Bradberry, Seymour (Robby) and Shirley Robbins**, recently celebrated their 65th wedding anniversary! Many NSA members will remember Annie's parents from past conventions where you could find Annie's dad walking throughout the hotel each year, encouraging people to give to our Change for the Better Program. It was



not at all unusual for Robby to get donations from other guests and hotel employees who were not even involved with the NSA!

Seymour and Shirley were married on March 18, 1945 in New York City. In addition to Annie they also have a son, **Jeff**, three grandchildren, and two great-grandchildren. They have not been able to attend the last few conferences as they are not able to travel as frequently as they used to, but they still enjoy reading about all of you in each edition of LETTING GO.

TSHA Convention

On March 25–27, 2010, **Joseph Diaz** and **Russ Hicks** manned the NSA booth at the TSHA convention in Ft. Worth, TX. **Lee Reeves**, **Andrew Bowers**, and several University of Texas at Dallas (UT/D) SLP students also came to help out. There were over 4,000 SLPs from all over the state of Texas and many surrounding states attending the convention in the enormous Ft. Worth Convention Center. There were over 200 exhibit booths set up, covering every phase of speech-language pathology including school recruiting, language development products, services for the deaf, and rehab facilities. Attendees got a real appreciation for the wide range of speech pathology services available in Texas. The NSA booth had a prime spot on the exhibit hall floor between a cochlear implant booth and a rehab facility booth, both of which were very interesting.

The booth volunteers gave out lots of NSA materials, including pamphlets, buttons, and various books. They talked with an endless stream of SLPs and students coming by our booth for information on stuttering and the booth's bottomless bowl of chocolates! NSA volunteers lost count of the number of people they talked to, probably nearly a thousand, and collected several hundred names and e-mail addresses, which they sent to **Tammy Flores**, NSA executive director.

People were extremely interested in stuttering, and volunteers made sure

that everyone there knew about the NSA and the important work we are doing for people who stutter. It was exhausting, but the NSA folks made a difference for the NSA and stuttering awareness!

J. David Williams

Jim McClure submitted the following item about the passing of **J. David Williams**:

One of the pioneers of contemporary stuttering therapy and support passed away April 9 at the age of 88. J. David Williams, Ph.D., was professor emeritus at Northern Illinois University (NIU) until his retirement in 1986. Dr. Williams earned a Ph.D. from the University of Iowa in 1954, specializing in stuttering with such contemporaries as **Joe Sheehan** and **Oliver Bloodstein**. His career included teaching and clinical practice at Marshall University, the University of Iowa, the University of Northern Iowa, and the University of the Philippines (as a Fulbright lecturer) before he came to NIU in 1959.

Dr. Williams was active in the National Council of Stuttering, one of the earliest groups of people who stutter. He hosted several of the group's annual conferences and edited its quarterly newsletter. He and his wife, **Dorothy**, also a speech therapist, celebrated their 60th wedding anniversary in September 2009 at their home in Florida.

I met Dave Williams in the 1980s, when I was just beginning my own exploration of stuttering. He made a deep impression on me: a person who had risen to the top of his profession, yet was comfortable with his stuttering. He also had a great sense of humor and could see the humor in many stuttering situations. That level of self-acceptance is commonplace in today's NSA but was new to many of us in those days.

The NSA dedicated its 2000 conference in Chicago to Dr. Williams. He remained active in retirement and was a frequent contributor to the Stuttering Home Page.



Engagement Announcement

Mandy Sims wrote to let us know she recently became engaged:

"Since **Jean** and I are still in Ireland at the moment, it's not really practical to call each and every person who is important to us, but we just wanted to share the good news that we got engaged this afternoon (before you heard it on Facebook or Twitter or secondhand)! After crossing the Carrick-a-Rede rope bridge in Northern Ireland, Jean got down on one knee (in the mud) and asked me to 'cross back over the bridge and be his wife.' Of course I said yes :)"

Rosalie Schneider

The NSA expresses its most heartfelt condolences to **Phil Schneider** and his family at the passing of his beloved mother, **Rosalie Schneider**.

Thank You, Volunteers

A big thank you goes out to all of those who helped at state conferences. NSA members from the Pennsylvania, Michigan, Texas, West Virginia, and Ohio chapters worked the NSA booth at the conferences. **Gary Auker**, **Stephen Tasko**, **Jerry Walther**, **Kate Gosselin**, **Mark Steiner**, **Stephanie Lala**, **Kathy Spratt**, **Jamie Hoogland**, **Melissa Stankowski**, **Cheryl Lehmier**, **Lorretta Connelly**, **Russ Hicks**, **Joseph Diaz**, **Lee Reeves**, **Nina Reeves**, **Susie Sunday**, and **Sally Peterson**.

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Members Speak Up

NSA Member Highlights

Pam Mertz

FROM ALBANY, NEW YORK
Raising awareness about stuttering has become a mission for NSA member Pam Mertz.



Over the past few years, Pam, a high school career counselor, has given presentations on bullying and teasing prevention at elementary schools in Rensselaer County School District in upstate New York. She uses the talks, which often coincide with International Stuttering Awareness Day (in October) and National Stuttering Awareness Week (in May), as a way to teach children about stuttering. During her presentations, Pam invites children to experience stuttering firsthand by not only voluntarily stuttering on their own name, but also by using Chinese finger traps to demonstrate what it feels like to get stuck on a block.

“The lesson kills two birds with one stone by not only raising awareness of stuttering but helping kids realize teasing and bullying are not acceptable,” says Pam, who was also recently invited to share her experience as a person who stutters during a staff training seminar on teasing and bullying.

As a high school career counselor, Pam says she sometimes finds herself having to confront teenagers head-on about stuttering and give them an impromptu lesson about it.

“It’s always interesting when I see kids reacting, smirking, rolling eyes, sometimes have to wonder if it’s really me or they’re just being teenagers,” says Mertz. “If I see something like that, I’ll just say, ‘Whoa, we need to stop, I’m a person who stutters and I’m okay with it but I’m not okay with you making fun of me,’ and that usually does it because they’re like, wow, we never expected her to be so upfront, and they seem to appreciate the fact that I am upfront with them. I’ve got to say what I need to say and teach people about an experience they may not be familiar with at the same time.”

Pam credits the NSA with giving her the confidence to work as a high school guidance counselor as well as the courage to spread the word about stuttering.

On May 11, Pam educated people about stuttering as a guest on National Public

Radio’s Roundtable segment during National Stuttering Awareness Week (May 10–16).

Visit Pam’s blog at stutterrockstar.wordpress.com/.

Questions:

- **What was your first NSA conference?** Long Beach 2006
- **Will we see you at this year’s conference in Cleveland?** Yes
- **Do you belong to an NSA chapter? If so, which one?** Yes – Albany, NY
- **Who inspires you the most?** To this day, Sister Eleanor, a teacher in high school who “saved” me from me
- **Farthest place you’ve traveled to?** England, just two weeks ago
- **What is your favorite movie?** Of all time, *An Officer and a Gentleman*
- **How old were you when you started stuttering?** 5 years old; started talking at 2 just fine
- **If you could have one superpower, what would it be?** Read people’s minds like Mel Gibson did in *What Women Want*
- **If you won a million dollars, what would you do with it?** Donate some to some of the organizations I work with, and travel – preferably leisurely and with no set agenda
- **If you could relive the last five years of your life, what would you change?** A couple of things: like the lion in the *Wizard of Oz*, I wish I had found my courage sooner; that means I would have been open to my stuttering sooner and I would have felt more at ease taking risks sooner like traveling and meeting new people and public speaking
- **If you could be invisible, where would you go and what would you do?** I would go to the White House and see what the President and his wife talk about in private – is it normal stuff just like the rest of us?
- **What would you like people who don’t stutter to understand about stuttering?** That it is not only what you hear – most of stuttering is how we feel about it, and people who don’t stutter don’t always get that

Jeff Goodman

FROM DALLAS, TEXAS
As a small business and startup consultant, NSA member Jeff Goodman knows the importance of developing good networking skills.



To help fellow NSA members get ahead, Jeff, along with NSA board member and public relations representative Jim McClure, recently launched a new Yahoo! e-mail group for members looking to discuss workplace issues and network.

“For people who stutter, this board could help you connect with someone who already understands before you walk in the door – that’s the whole idea,” said Jeff, who added that he hopes to eventually develop a career database for NSA members searchable by categories such as company name, industry, college and degree.

Jeff noted that the idea was inspired by a similar networking service offered by his alma mater, the University of Texas at Austin, where he majored in finance and entrepreneurship. “Obviously, it makes sense for the NSA to do something like this,” he said. “I’m old enough to know there really aren’t jobs for life anymore. It makes sense to have this avenue for people to network and job search.”

While speech therapy can provide useful tools for people who stutter, it’s often not based on “real life” situations, said Jeff. The NSA helps people who stutter become more comfortable with handling those real life situations such as job hunting, and that’s one of the things Jeff hopes to offer members via the new e-mail group.

Jeff, along with Washington, DC, area NSA member Beth Bienvenu is also putting together career-oriented events such as a resume panel, networking hour/event, and mentoring opportunities for Cleveland attendees to be held on Friday, July 9. If you’re interested in helping Beth and Jeff, please-mail the NSA at info@WeStutter.org.

The NSA-Business e-mail group – which is only open to current, paid NSA members, can be found at finance.groups.yahoo.com/group/NSA-Business. For more information on joining the group, e-mail the NSA office at info@WeStutter.org.



Questions:

- **What was your first NSA conference?** Anaheim, in 2001 or 2002
- **Will we see you at this year's conference in Cleveland?** Yes
- **Do you belong to an NSA chapter? If so, which one?** Dallas
- **Who inspires you the most?** Anyone who has overcome a great deal
- **Farthest place you've traveled to?** Israel
- **What is your favorite movie?** Hard to choose just one. Near the top are Jaws, Major League, Old School, Silence of the Lambs, Kelly's Heroes, and Wedding Crashers
- **How old were you when you started stuttering?** Apparently when I first started talking
- **Do you go to speech therapy?** Not anymore, but did a lot growing up, until just after college
- **If you could have one superpower, what would it be?** Probably the ability to fly. Wouldn't need to worry about traffic jams or volcanic ash
- **If you won a million dollars, what would you do with it?** Try to turn it into \$2 million
- **If you could relive the last five years of your life, what would you change?** Maybe buy stock in Apple when the company was about to go out of business. Seriously, I try not to look back because you'll always have regrets. I just try to live a better life and be a better person today
- **If a genie granted you 3 wishes, what would you ask for?** (1) Good health for my family and friends; (2) Enough money to not have to work and to be able to travel and enjoy what life has to offer (see above); (3) 3 more wishes
- **What would you like people who don't stutter to understand about stuttering?** Your fluency, or lack thereof, has no relationship to your intelligence, aptitude, and ability to learn

CONFERENCE SCHEDULE

FACILITATOR	WORKSHOP/EVENT
Mick Constantinou	A Journey Through the Wall
Justin Matley	Stuttering in Audio Post-Production: Balancing Technical and Ethical Advancements
Robert Demers	From Stuttering to Acceptance
Wednesday, CEU (1:00–5:00)	Continuing Education Seminar
Research Symposium, Dennis Drayna	Discovery of the Genetic Causes of Stuttering
Jamie Rocchio	First Timers Gathering
Andy Bowers	Iceberg Analogy of Stuttering
Judy Kuster	Filling Your Fluency Files Affordably
Friday	Career Day
Gary Rentschler	Perspectives on Stuttering Therapy: Teacher, Learner, Client
TBA	Open Microphones
Family Programs	Meet and Greet (Wednesday 1:30–3:00)
Steven Kaufman	Thursday Night Opening Reception
Caryn Herring	How To Break Your Stuttering Stranglehold
Twenty-Somethings	True Life: I Stutter – The Real Story
Vivian Sisskin and Crew	Check out specific workshops geared towards the 20-Somethings
Barbara Dahm	Sights, Sounds and Adventures on the Road to Recovery from Stuttering: A Guided Tour Through Avoidance Reduction Therapy
Craig Coleman (Family Programs)	Bridging the Gap Between Research and Therapy for Stuttering
Cathy Olish	Storytime! Tarby Comes Out of His Shell
Sarah Onofri	Mixing and Mingling
Pam Mertz	Actually, No, I Stutter – Taking the Bite out of Advertising
Charley Adams	Ch-Ch-Ch-Changes: Sometimes Change Changes Everything
Charles Hughes	Are You Transfluent?
Cathy Olish	How To Make Stuttering Treatment Meet Your Values
Marilee Fini	Covert Stuttering Exposed
Family Programs	The Flip Side of Stuttering: An Adventure Toward Freedom
Family Programs	Stuttering Gardens
Saturday Evening	Camp Stutter
Rueben Schuff	Banquet/Dinner/Auction
Mary Wood	Job Interviewing: Overcoming Fear and Avoidance
	I Need Your Love – Is That True?

SLPs, Get Your CEUs Online Now

The NSA has teamed up with OnlineCEUs.com (Pro Course) to provide several new high-quality, easily accessible continuing education (CE) programs about stuttering for speech-language pathologists (SLPs).

With OnlineCEUs.com, you can complete ASHA-approved continuing education programs right on your own computer. You can start and stop the courses whenever you want, saving your work along the way. The NSA receives a donation for each course you take through OnlineCEUs.com.

Courses range from .2 CEUs to .5 CEUs and cover the following topics:

- Measurement of stuttering behaviors (.3 CEUs)
- Counseling skills for speech-language pathologists (.5 CEUs)
- Problem-solving strategies for facilitating generalization and maintenance (.5 CEUs)

- Indirect and direct therapy (.2 CEUs)
- 2 courses on treating adolescents and adults who stutter (one for .2 CEUs and one for .5 CEUs)

The newest offering is an online version of the NSA's popular booklet for parents of young children who stutter (.5 CEUs), adapted to help SLPs learn how to respond to the concerns expressed by parents.

Finally, a similar adaptation of the NSA's popular bullying and teasing manual will be available soon.

You can get the full list of courses that benefit you and the NSA by visiting our Web site at WeStutter.org. Sign up now to get your CEUs through OnlineCEUs.com and help the NSA at the same time! E-mail info@WeStutter.org with questions.

ODDS & ENDS *continued*

Our Time Gala

Congratulations to Our Time Theater for another successful event. On Monday, April 19, Our Time hosted their eighth annual gala. Founded by NSA member **Taro Alexander**, Our Time provides children and teens with an artistic venue where they can express themselves free from humiliation and teasing.

Carly Simon, legendary recipient of two Grammy Awards, an Academy Award, and a Golden Globe Award, was honored for being an inspirational example for people who stutter. She said of Our Time: "I can only imagine how many kids, teens and adults are going to be touched personally by Our Time. I had a very debilitating stammer for most of my life. I don't think I would have used the word "debilitating" to describe it if there had been such a mother figure of empathy, like Our Time, that was publicly and privately helping me through all those years of suffering. This wonderful, young, talented and selfless man, Taro Alexander, has contributed his gifts toward seeing that having a stutter

has grace and originality, and does not have to be hidden in the dark chambers of shame. I truly believe in Our Time, and I am very proud to be an active member of this program."

Among the highlights included dazzling performances from the Our Time kids with the help of Broadway performers **Kate Jennings Grant** (*When A Stranger Calls*), **B.D. Wong** (*Law & Order: SVU*), **Daphne Rubin-Vega** (*Rent*), and **Kelli O' Hara**.

Catherine Montgomery



Special tribute to follow in the next issue.

Long time NSA supporter and friend **Catherine Montgomery** passed away

on May 27th. "Catherine was passionate about her program, her friends, and the people she treated, **Donna Cooperman** stated. The world is a darker place in her absence." Catherine leaves a legacy that will continue on. Our condolences to her family, friends, and the AIS family.



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Changing the lives of people who stutter

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