

# LETTING GO

nsa NATIONAL STUTTERING ASSOCIATION

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## Interview with Marc Vetri

BY DAVID BLAZINA

*Marc Vetri is the executive chef and owner of Vetri Ristorante, an acclaimed Italian restaurant in Philadelphia, Pennsylvania. Marc talked with David Blazina, LETTING GO assistant editor, to share some information about his experience with stuttering and stuttering treatments.*

**Letting GO: How old were you when you started stuttering?**

**Marc Vetri:** I was probably about 5 years old.

**LG: Did you go to speech therapy as a child or as an adult?**

**MV:** Both. I went as a child, and all the therapy then was airflow and metronome. They had very limited effects.

As a teen I went to the Communication Reconstruction Center, CRC, which was the New York version of the program in Roanoke, Virginia. That was helpful for a bit, but then not. Then nothing for a while – just traveling, school, and learning how to deal with things.

Then after I opened the restaurant I was looking for a therapist in Philadelphia and a friend turned me on to Woody Starkweather's program. She had been starting on some more psychological kind of therapy along with her physiological therapy. It was this that really started me on the road to looking at things differently and on the way to how I currently think

about stuttering. I started to see Woody at Temple University. It was more of a psychological therapy with things to help you get through situations.

**LG: What were some of the things Woody taught to help you get through those difficult situations?**

**MV:** Woody gave me some different techniques; they were similar to things I had learned at the CRC in New York. More often than not, we just talked about how I was feeling, and he really helped me to progress on the road to understanding that the goal here is to become comfortable with myself as a stutterer and less about trying to use techniques so I don't stutter. Whenever he would give me a technique, I would use it a little bit, but then it just got too exhausting. We started to focus more on just becoming comfortable with who I was.

**LG: Did you have any subsequent therapy?**

**MV:** I did a program at Temple with Joe Donaher and the students there, and I was kind of a work project for the students. That was very helpful. Now I meet with Joe every once in a while. This recent therapy seems to be the most effective for me. Just talking things out and understanding seems to make it virtually not an issue for me at all. I do no exercises or anything like that – it really doesn't make sense to me.

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## NSA 2009 Scottsdale, Arizona!

*NSA's Annual Conference in Scottsdale, Arizona July 8-12, 2009*

Register online (WeStutter.org) now for the NSA's 27th annual conference, or print out and complete the paper form available on our Web site or through the NSA office (e-mail info@WeStutter.org) or call 800-WeStutter (800-937-8888).

Don't miss the reduced, early registration price...register now!

### Hotel Information

Book your room now for "the NSA hotel," the Westin Kierland Resort & Spa. Doubles (rooms for two) are always the first to go!

Room rates: \$139 single/Double/Triple/Quad Occupancy + tax. Be sure to

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Photo courtesy Westin Kierland Resort & Spa

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# CHAPTER NEWS

FROM BONNIE WEISS

## **Brooklyn, New York**

The Oliver Bloodstein chapter of the NSA meets at Brooklyn College. There were 13 people in attendance at their December meeting including 8 people who stutter, 3 student clinicians, and 2 speech-language pathologists (SLPs). Chuck Gold reports that one of their members, Eric, stated that he would use his speech tools at the meeting, rather than stutter openly. This led to a group discussion with almost all participants expressing a point of view. The major activity of the evening was engaging in role playing scenarios that reflected difficult situations that those present may have found themselves in during recent times. The scenarios were acted out in front of the other members who offered insights and made personal references in their own experiences.

## **Chicago, Illinois**

Art Struss reports that five members of the Metro-North chapter recently had a very informative panel discussion with Kristin Chemela's Speech Pathology class at Northwestern University. They shared speaking experiences, speech therapies, and how an NSA support group has helped them. They thoroughly appreciated the opportunity to speak to the class. Art, Bob, Chad, Luba, and Bill were the participants from the chapter who attended. At their November meeting, members discussed Alan Badmington's paper entitled "Thanks to My Stutter, I'm Never Lost for Words." Members were interested in finding out how Alan became a fluent speaker. Art e-mailed Alan (who is from Wales), and Alan graciously responded with a whole treasure of information which included links to a "storehouse" of comments. With regard to comfort zones, the members in attendance expressed fear of failure. In upcoming meetings the group will continue to discuss changing mindsets regarding their stuttering.

## **Dallas, Texas**

The Dallas chapter recently held a "Friends & Family" meeting where members invited friends and family to attend. Altogether there were 14 people in attendance (7 persons who stutter including 1 first timer, and 7 friends and family members). After going around the room and introducing themselves, they talked about their favorite Thanksgiving food. They then passed around some questions for discussion. Each person drew a question out of a hat and responded. Some of the questions were: How would you define stuttering? How does the media portray stuttering? Can you name someone famous who stutters? Who was the first person you can remember who stuttered? What speaking situations might be difficult for someone who stutters? Jeffrey Kote reports that the meeting flew by, and everyone had a chance to say what was on their mind.

## **Houston, Texas**

There were five members at the November meeting. Chris was the facilitator. They went around the room and talked about how each person's speech had been recently. Chris talked about how he had given the second speech at Toastmasters and that he thought it was very well received. Chris also asked what those in the group could do to increase awareness of stuttering. Bo, one of the other members, said that they could tell people we stutter before we speak. They also discussed whether stuttering is a psychological problem, and Vicki said that psychological/emotional aspects were definitely triggers. They then discussed the complexity of speech and how many things could go wrong in the speech process and speculated that maybe all stuttering is not caused by the same thing. After about an hour, the group took a break for some "yummy" pizza and then resumed their discussion.

## **Long Island, New York**

There were five attendees at the November 20 meeting. The topic for the meeting was appropriately "Stuttering and Thanksgiving – What Do We Have To Be Thankful For?" Steven Kaufman was the facilitator, and he opened by saying that he is truly thankful that he stutters because if he didn't, he would never have found out about the NSA. Many of the members joined the discussion, with one person (an SLP who also stutters) saying that she is grateful that she can reach out and have an impact on children and teens who stutter. There was also a special guest, Joan Hanrahan, an SLP who traveled from Staten Island to attend the meeting.

## **Minneapolis/St. Paul, Minnesota**

The Twin Cities chapter met on November 20. There were 14 people in attendance. The general topic for the meeting was thankfulness as the next week was Thanksgiving! They discussed an article by Dr. Walter Manning, a professor at the University of Memphis. The article mentions the things about his stuttering and stuttering treatment that he is thankful for. The group then talked about parts of stuttering for which each person is thankful – and also things that they were not thankful for. One of the new members said he is thankful for the NSA so he can talk with others who stutter. They also went on to talk about the concept of stuttering as a "handicap." This is where the discussion really got going, writes Linda Hinderscheit. Many other members joined in and shared what they were thankful for!

## **Rochester, New York**

The Rochester chapter met at Nazareth College in November with eight people in attendance. There were five people who stutter and three SLPs. One of the members led the group in a fun icebreaker activity

to get things going. They played a round of “Would you rather.” Everyone took turns pulling a ticket from an envelope and responded to the scenario. For example, “Would you rather always play and lose or never play?” or “Would you rather always get first dibs or the last laugh?” or “Would you rather have it all or know it all?” This led to some lighthearted discussions. They also discussed how they would feel if their SLP was also a person who stutters. The responses varied greatly based on personal experiences from being inspired by the SLP who stutters openly and uses fluency skills very efficiently and also that an SLP who stutters would bring better understanding of life with stuttering to the therapy process. Paul Tucci will be the new chapter leader of this group. The group thanked Jack Sutherland for his leadership in bringing the NSA back to Rochester.

## INTERVIEW WITH MARC VETRI *continued*

He kind of brought me to where I am now as far as my feelings about speech therapy. But to explain what he did specifically would be difficult. I think it's more of an intangible, rather than a “here is what I do to get through when I am having difficulty.” I think what I really got out of working with Joe, if I were to sum it up in a sentence or two, is that at the end of the day, I talk. Sometimes I talk with some stuttering, sometimes I talk with no stuttering, sometimes I get nervous about a presentation, sometimes I'm more relaxed, sometimes I'll stutter a lot on a word or phrase and sometimes I won't stutter at all. But at the end of the day, I talk...and it's really just me talking, everything else really doesn't matter much.

Prior to that, I also went to a lot of psychiatrists, probably because no one knew what stuttering really was.

**LG: What did the psychiatrists that you saw think was the cause of your stuttering? Did they have any suggestions as to what you could do to improve your fluency?**

**MV:** No, they had no idea how to handle me.

**LG: Did stuttering have any influence on your choice of a career or your education?**

**MV:** No. If anything, it had the opposite effect. I was a marketing major in college and now I'm in a field where you really have to talk a lot.

**LG: That's terrific. Often times, stuttering can play a major role in the profession someone chooses to pursue. Has it had any effect on your career as a chef?**

**MV:** Can't say it has had any effect... positive or negative.

**LG: If you weren't in the culinary field, in what field would you be working?**

**MV:** I'd be a musician...I play the guitar.

**LG: A few cooking-related questions... can't let an acclaimed chef get out of here**



**without getting a few tips! What are a few things that a novice could do to make themselves a better cook?**

**MV:** Stop trying so hard; cooking is easy. You don't need to get all fancy with techniques and ingredients. The more I cook and learn about things, the more I realize that if I put meat in a salt brine for a day, and cook it over wood, there is really nothing better.

**LG: Do you have any dishes that you would consider to be your specialties?**

**MV:** I don't know that I would name one – I have a lot of favorite things – like making pasta, salami, and cured meats and bread. But the list goes on...I kind of think of *cooking* as my specialty.

**LG: What is your favorite cheese to cook with?**

**MV:** I really love Taleggio; it is a washed rind cow's milk cheese from Lombardy. It is very pungent. We make everything from ravioli fillings to sauces, salads, and even desserts with it.

**LG: Thank you so much for taking the time to talk with Letting GO about how you've learned to successfully manage your stuttering. We wish you continued success with that as well as with your restaurant, the Web site for which can be found at [vetriristorante.com/](http://vetriristorante.com/).**

## CONFERENCE *continued*

mention the NSA to get our great, discounted rate. Phone number: 800-354-5892 or 800-WESTIN-1. You also can make your reservations online at [starwoodmeeting.com/Book/nsastutter](http://starwoodmeeting.com/Book/nsastutter).

### Scholarships Available!

Need help getting to the conference this year? Thanks to the generosity of corporate sponsors and our members, we are pleased to announce that scholarships are available to provide financial assistance for people who stutter who would like to attend our annual conference.

Our goal is that families who cannot afford to join us will now be able to attend. If you would like more information regarding scholarships please tell us by e-mailing Tammy Flores, NSA executive director, at [tflores@WeStutter.org](mailto:tflores@WeStutter.org).

We also ask that speech-language pathologists e-mail us to help identify families who would benefit from this assistance.

NSA is very grateful for the generosity of many individuals and companies, which allows us to offer this financial help. If you or your company would like to make a donation, please e-mail us at [info@WeStutter.org](mailto:info@WeStutter.org) for more information.

## Conference Planning 101

Planning to attend the conference? Here's some information to help with your planning...

### Conference Activities

Beginning Wednesday, July 8, there will be a continuing education opportunity for speech-language pathologists (SLPs) from 1:00–5:00 pm with Walter Manning, Ph.D., at the Westin Kierland, where the conference workshops and hotel events will be held.

### Adult Attendee Information

Adult workshops begin Thursday morning, July 9. The **first timer's** workshop will be Thursday morning (9:00 am) to get you ready for the weekend that will change your life. You will learn what to expect from the weekend and how to get the most out of the conference.

No one can explain how powerful it is to meet so many people who stutter. It's something you need to experience for yourself.



Photo courtesy Westin Kierland Resort & Spa

Experience a whole weekend around people who “get it,” people who have a deep understanding of what it is like to live with a stutter everyday. Meet successful people who stutter of all ages. Attendees often say that once you come to your first conference you will never miss one again. Take the risk and join us this year in Scottsdale, Arizona; you will be glad you did.

There are so many exciting things happening throughout the weekend. Many workshops to choose from, great keynote speakers, awards luncheon (come see your friends win awards), great tours planned, and we are so excited to bring the Silent Auction back. The highlight of this weekend is the live auction/dinner/dance on Saturday night.

### Chapter Leaders

Chapter leader training begins Thursday morning, July 9. If you are a chapter leader or want to be a chapter leader for an adult, TWST, or NSA Kids chapter this workshop is a must. Leadership development, chapter growth, leader support, and more will be addressed.

### Three-day Family/Youth Program!

We are excited to bring you three days of activities during the conference beginning at 8:30 am on Thursday, July 9. The Family Orientation Workshop will familiarize you with the conference schedule while giving you a chance to become acquainted with the Family Programs staff, the Teen Advisory Council, and other families. This three-day program will provide you with the opportunity to network with leading experts who specialize in working with children and adolescents who stutter, as well as with other families.

Parents are encouraged to bring children who stutter (ages 8 and older). Parents who have experienced an NSA conference have said they wish they had known about us years before. This is a rare chance to meet with some of the outstanding stuttering

specialists (such as speech-language pathologists) in the world and share your stories and hear stories from others families!

Your questions will be answered, and parents will meet other parents while their children explore their stuttering in a fun and safe environment. Activities include pool parties, parent and youth roundtable discussions, a scavenger hunt for the kids, and much more!

These are three days you don't want to miss!

### Speech-Language Pathologists

Stuttering is a complex disorder, and there is so much to learn and understand – who better to learn from than professionals who specialize in fluency disorders and individuals who stutter themselves? This conference will be attended by more than 500 people who stutter, their families, and the professionals who help them.

Not only is this an invaluable experience for all those interested in stuttering, but we will also be offering up to 13 hours of ASHA-approved continuing education (1.3 CEUs). CEU begins on Wednesday evening, July 8, with Walter Manning, Ph.D., presenting a workshop from 1:00–5:00 pm.

There will be a variety of opportunities for SLPs to attend workshops designed with their needs in mind. Roundtable discussions with teens and adults who stutter as well as the parents of children who stutter will allow the SLP to hear the personal stories of individuals who stutter and their families in a setting that encourages SLPs to ask questions. Many workshops developed by leading SLPs will be offered throughout the conference. There will be a number of not to be missed adult workshops offered including “Covert Stuttering” and other informative, educational, and enlightening seminars.

There are some opportunities to help with the youth program (please contact the national office if you are interested in helping; e-mail [info@WeStutter.org](mailto:info@WeStutter.org)), or

you can submit a workshop proposal to facilitate your own workshop.

### **Tour Information: Sign Up Early**

We have some great tours lined up this year. We will be offering a baseball game on Wednesday evening, San Diego Padres vs. Arizona Diamondbacks. Friday evening you will have your choice of a Starry Night Safari at the Phoenix Zoo, a tour of Frank Lloyd Wright's desert masterpiece in a nighttime setting, Florida Marlins vs. Diamondbacks, or hang out at the Westin, grab some friends, head to the pool, take a stroll to Kierland Commons, and have dinner or do some shopping. There is something for everyone; just register early. ■

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*Celebrating over 30 years of changing the lives of people who stutter!*

## **Going Once. Going Twice. Sold.**

Those simple words can mean only one thing – it's time to talk about the NSA auction! The LIVE auction is one our largest fundraisers as well as a conference ritual. And at this year's conference in Scottsdale, Arizona, we expect it to be bigger and better than ever. So when you pack, don't forget your credit cards. (Just a little NSA humor.)

Even better, we're pleased to tell you that our Silent Auction, for smaller items, will return to the conference. It's another chance to bid on exciting treasures and help the NSA at the same time. Talk about a win-win situation!

Want to help? We thought so. The NSA is now collecting items for both auctions. Items of interest include sports memorabilia, electronics, art, jewelry, and more. If you have any questions about the auction, auction items, or anything else, feel free to e-mail us at [info@WeStutter.org](mailto:info@WeStutter.org) or call us at 800-WeStutter (800-937-8888).

## **Dr. Gerald Maguire Treats Stuttering Patients Around the World via Telemedicine**

BY TOM VASICH

Dr. Gerald Maguire started the world's first clinic dedicated to the medical care of stuttering, and if patients in faraway places can't come to his University of California Irvine Medical Center office for treatment, he brings it to them.

Through telemedicine, Maguire and his team at the Center for the Medical Treatment of Stuttering can now provide real-time treatment for patients via video monitors, giving new hope to millions of people around the world whose quality of life suffers from chronic stuttering disorders.

"So far, I've worked with patients as far away as London and South Africa," says Maguire. "Technology has provided wonderful new opportunities for people who stutter to receive state-of-the-art medical treatment where none was available before."

The UCI center features a telemedicine linkup administered by Doctors Telehealth Network. Maguire and his team connect

with patients throughout the world via high-speed Internet computer connection and Web cam. Maguire then follows up with the patients' local doctors to prescribe medical treatment.

Maguire leads the field in discovering and testing medications to control stuttering. His center is the first in the world dedicated to improving speech fluency through pharmacologic treatments, and he currently leads international clinical trials on promising new drugs that curb stuttering with fewer side effects.

"By using telemedicine, we have the potential to enroll many more patients in these innovative drug trials and provide for them the latest and best in medical care for stuttering problems," Maguire says.

Stuttering affects nearly 3 million Americans – about 1 percent of the adult population and an even higher percentage of children. Most individuals who stutter and have access to healthcare seek some form of speech therapy, with varied

results. But for people who have persistent stuttering problems, cutting-edge medical treatments that focus on the neurological roots of stuttering are proving effective.

Maguire, who stutters himself, understands the frustration and social anxiety that can result. "Simple tasks like speaking on the telephone can exacerbate stuttering and contribute to elevated levels of anxiety," he says.

"But we have learned that stuttering is not the result of nervousness or stress, and that there is a neurological basis for the disorder. By understanding this, we are making great advances in treating stuttering through medical means; and having the ability through telemedicine to reach more people, we are making an impact and a difference." ■

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*Reprinted with permission of the University of California-Irvine.*

## Sean Brown

**Sean Brown** has been a member of the National Stuttering Association since 2003 and chapter leader for the Speaking Freely Speech Support Group in Timonium, MD since 2005. He has overcome his fear of public speaking and now would like to share his story and journey to others. Stuttering controlled the majority of his life, but accepting who he is has enabled his desire to become a professional speaker.

"You never really know what life has in store for you." says Sean, "I would have never thought that I would want to pursue a career as a professional speaker but I want to inspire others to step outside their comfort zones."

To learn more about Sean and his availability as a speaker or panelist, please visit his Web site at [seanbrownspeaks.com](http://seanbrownspeaks.com).

## International Fluency News

Dates for the 6th World Congress in Rio de Janeiro, Brazil have been confirmed as August 5–8, 2009. The aim of the 6th Congress is to bring together clinicians, researchers, people who stutter, and other interested parties to discuss theoretical, empirical, clinical, and cultural issues related to fluency disorders. Major themes of the congress will be biological aspects of fluency disorders, behavioral aspects, and technology. The program will consist of sessions reporting research results, seminars, workshops, short courses and poster presentations.

The **Canadian Stuttering Association** is preparing for another national conference. The conference will take place in Vancouver, British Columbia at the Sandman Hotel, 180 West Georgia Street. The dates are Friday, August 21–Sunday, August 23, 2009. There will be an opening reception on the evening of Thursday, August 20. The CSA is celebrating their 10th conference and 20 years of putting on biennial conferences!

## Judy Kuster Receives Prestigious Award

The NSA's own **Judy Kuster** (chapter leader and Webmaster of the Stuttering Home Page) has won the Outstanding Service Award for 2008 from the American Speech-Language-Hearing Association.

The following is from the ASHA Leader:

"Judith Maginnis Kuster, professor in the Department of Communication Disorders, Minnesota State University at Mankato, has a distinguished record of service to the professions and ASHA. Kuster consulted on development of the ASHA Web site, served on 10 ASHA convention committees (1996–2007), and was a member of the ASHA Taskforce for Continuing Education (2004–2006). She has provided extensive service to Special Interest Division 4, Fluency and Fluency Disorders, chairing its Education and Resources Committee; developed and maintained a secure Web site to enhance clinical service delivery and academic training of SLPs; and was the driving force in launching the International Stuttering Awareness Day online conference, which melds her expertise in technology, particularly the Internet, and her strong professional interest in the area of stuttering. She also publishes a popular Internet column in the ASHA Leader."

## Holiday Fun with the Manhattan Chapter

The NSA Manhattan chapter, led by **Mike Cohn & David Friedman** (not present) hosted their annual holiday party on Saturday, December 13. A contingent of 12 members, including Queens chapter leader **Mitch Trichon**, Long Island chapter leader **Steven Kaufman**, **Jeff Shames**, **Deb**, **John** and **Joanna**, **Barry**, **Larry**, and **Lamar**, enjoyed a hearty dinner at the Dallas BBQ location in Times Square. The group then headed to Sing Sing Karaoke in the St. Marks area, with a special appearance by **Kathy Filer** of the South Jersey chapter. Among the highlights were Mitch performing a

rousing rendition of "Piano Man" and Steven singing Britney Spears' "Baby One More Time."

## New Chapter Announcement

The first meeting of a new chapter in Las Vegas, NV will be Saturday, January 24, 2009 from 4–6 pm at the Clark County Library. If interested, please e-mail **Jim Nott** at [jimnott45@aol.com](mailto:jimnott45@aol.com).

## Continuing Education Seminars and Youth Days

There will be a Continuing Education Seminar and Youth Day on Friday, March 27, 2009 in Phoenix, AZ. The event will be held at the Westin Kierland, the site of the upcoming NSA Annual Conference

The Roseville, CA chapter of the NSA will be hosting a Continuing Education Seminar on Friday, May 7, 2009 and a Youth Day on Saturday, May 8.

Please check the NSA Web site for update info regarding these events or send an e-mail to [info@WeStutter.org](mailto:info@WeStutter.org).

## Want to Present A Workshop?

Workshop proposals are now being accepted for this year's conference in Scottsdale, AZ! You can request a Workshop Submission form from the national office at 1-800-937-8888 or [info@WeStutter.org](mailto:info@WeStutter.org). The form is also available on our conference Web site at [WeStutter.org](http://WeStutter.org).

The deadline for the NSA to receive proposals is May 1, 2009. The "primary" contact individual will be notified by May 15, 2009. Schedules are subject to change.

# A Special Thanks to Our Donors

Thank you for helping the National Stuttering Association expand its outreach to children and adults who stutter during the past year.

Unlike many nonprofit organizations, the NSA relies primarily on its members for financial support. We have become the largest stuttering support organization anywhere because the people we touch give back as volunteers and contributors.

In today's uncertain economy, giving back is more important than ever. If you have attended our national conference or local support meetings, participated in a youth day or workshop, or are simply reassured that you are not alone when you read this newsletter, we hope you will help us help others who stutter.

There are many ways to contribute at a level that is comfortable to you, including one-time donations, monthly donations, stock donations, matching gifts or through your job and the Combined Federal Campaign.

We thank the people listed below who contributed to the NSA in 2008. Names in **bold** are contributors who donate monthly to the Change for the Better campaign. We hope you will join them in 2009.

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If your name has been misspelled or inadvertently omitted, please accept our apology. Contact the NSA office at 800-937-8888 or info@WeStutter.org, and we will publish the correction in a subsequent issue of LETTING GO.

# Stuttering Stan Takes a Stand

Stanley is like most squirrels: He loves nuts, climbing trees, and playing with friends. But Stanley feels different from the other animals in his neighborhood, because he has a problem with words. Teased and bullied about his stuttering, Stanley refuses to let on that his feelings are being hurt, until one day he learns an important lesson from a new friend.

**Reading level:** Ages 6–10 **Softcover:** 32 pages; Spot Illustrations **Publisher:** Cincinnati Children's Hospital (December 2008) **Language:** English **ISBN-13:** 978-0-9821677-0-0

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Author Artie Knapp talks about Stuttering Stan with [Speechpathology.com](http://Speechpathology.com) ([speechpathology.com/interview/interview\\_detail.asp?interview\\_id=1138](http://speechpathology.com/interview/interview_detail.asp?interview_id=1138)).

**Stuttering Stan Takes a Stand** is available for purchase at [Amazon.com](http://Amazon.com) and at Barnes & Noble and Target, both at their brick and mortar stores and online. ■

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## Happy New Year!

BY TAMMY FLORES, EXECUTIVE DIRECTOR

The beginning of the year symbolizes many things to all of us. For some it is a time to reflect on what we accomplished in the previous year and for others a time to think about what we will try to do differently in the year to come. For me personally it is a time to think about all of you who are close

to my heart and how grateful I am for the privilege of knowing you. The NSA is constantly changing and growing, and we try to acknowledge all of you who have helped us throughout the year. We hope you know that without your support the NSA would not be changing the lives of so many.

The NSA is growing everyday with ideas and energy from all involved. Working together with the professionals in the field, parents advocating for their children and adults wanting to make a difference for the next generation, we can all reflect on the previous year knowing that we have all made a difference in the life of someone who stutters.

Best wishes to all of you for a happy, safe, and healthy new year. ■



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