

Tereza's LIFE AND ACHIEVEMENTS



TEREZA CATALANO



TEREZA'S LIFE AND ACHIEVEMENTS

TEREZA CATALANO

© 2021 SAY: The Stuttering Association for the Young

Tereza Catalano

Tereza's Life and Achievements

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior permission of the publisher or in accordance with the provisions of the Copyright, Designs and Patents Act 1988 or under the terms of any license permitting limited copying issued by the Copyright Licensing Agency.

Published by: SAY: The Stuttering Association for the Young

Text Design by: Life Styl Design

Cover and Interior Illustration Design by: Francisco Borges

Distributed by:

SAY: The Stuttering Association for the Young
247 West 37th Street, 5th Floor New York, NY 10018

Printed and Bound by BookBaby

Dedications

I dedicate this book to my family and friends and peers from SAY and also Teaching Artists and my teachers from my school. These people helped me throughout a course in my lifetime, especially my dads, my brother, Teaching Artists and my teachers.



*"When you have a dream, you got
to grab it and never let it go."*

-Carol Burnett

CONTENTS

| | |
|---------------------|----|
| Chapter 1- Strong | 13 |
| Chapter 2- Powerful | 19 |
| Chapter 3- Emotions | 25 |
| Chapter 4- Path | 31 |
| T-Money Songs | 35 |
| My Favorite Quotes | 39 |
| Also by the Author | 45 |

Author's Note

When I was asked about a story that only I could tell, I thought about a moment in my life where I had some struggles with my stutter. Then, as the time passed by, I overcame my struggles by making good relationships with other people who stutter. I hope this story inspires other people who stutter and people who do not stutter to have a dream and never ever let your dream go and don't let anybody else tell you can not do it.

Tereza's Life and Achievements

Tereza Catalano

1 STRONG

Whenever I feel afraid of my speech, I think to myself saying this quote “Keep strong and live long!” This quote is saying to me I have to be strong. Being strong means I feel that I can do it. If I am nervous and thinking to myself that I can't do it, I will not succeed. But if I try my best and I don't succeed, I can try again. I try to keep calm. That means I have to push myself by saying I am strong to do my role. Always live long means don't stress everyday about my speech, about my work, about my play, about my sport, and about my show as an actress. Stress is unhealthy and it has no potential in my life!

I wasn't born with stuttering. As a child, I was not shy. I was a more active and happy kid who's favorite thing was to spend time with all of

my family. I was not concerned with my speech at that time. I was into school. Reading was my favorite subject in school. My favorite book was Matilda because she had magical powers in her mind. I was so much like Matilda because I had the smarts like her and she didn't really fit in with the kids. I didn't either. I did not really have a lot of friends in school and that bothered me. I then tried my best by making friends with the girls as a start. Whenever I felt alone or sad or upset about myself, I just read my books and it actually made me feel a lot better.

I started stuttering when I was 8 years old and I didn't really know anything about stuttering. When I was at home, I started speaking to my brother and I noticed a speech impediment in my voice...it sounded like a basketball. DrDrDrii bbbb llll e. DrDrDrii bbbb llll e. Then, my brother also started noticing it. He was surprised and he said "Take your time. I'll tell our dads about your speech." Then, I told my dads that I felt a little bit scared because I didn't know what was going on. I asked one question saying "What on Earth is this?" I said to myself "Am I normal? Is this true that I am speaking like this?" I told those questions to my dads and they said they did not really know what it was. My dads don't stutter, my brother doesn't stutter, so why do I? I am adopted so I asked my dads this: Does my biological mom or dad stutter? They said they didn't know. But that's why I think I stutter- it's a biological gene.

My stutter felt like it was following me. It was a nuisance because I didn't like to stutter when I was 8 years old. I thought I would be normal like the other kids in my life and would also be normal like my brother and my dads! I tried getting rid of my stutter. I tried hiding it, but I couldn't because whenever I was talking in class, I kept on stuttering. The other kids were kind of annoyed because I stuttered, but the teacher in my class was not annoyed. She said "Take your time. You can try your best at this level that you are in." My teachers were taught better to not make fun of kids and their disabilities. During class, I raised my hand to answer a question that the teacher spoke on. When I raised my hand, I spoke on a word with a stutter. One kid started laughing and then the whole class started laughing. The teacher said "Stop laughing and let her take her time." I felt like I was being hit by a lightning bolt when the kids laughed because I am a human being and they shouldn't make fun of me so I got offended. That's why it was a lightning bolt because it struck at me too much. I didn't want to cry. I kept it to myself.

That summer I went to camp on Staten Island and my stutter followed me into this new camp that I went to. It was like a stalker who I could not stand! My first day at camp I started making friends and once I started making friends, I said hi to this one person who was a boy. When I spoke, he laughed because I stuttered and then

I cried. I felt my body tightening up. I was angry at him because he didn't know anything about me and it was just the first day. Camp should be a place where you have fun. I just wanted to go home and I did not really want to be there because I know when I am not wanted.

Suddenly, in my group, this person came up to me and said "Don't worry, don't worry he's not worth looking at. You can be friends with me." And then from that moment on, we became good friends and are still good friends. Some people in the world are nice and kind to you and understanding of your disability and some of the people are cruel and disrespectful and do not understand your disability. I chose my friend Mia because she made me feel wanted at camp.



2 POWERFUL

In my teenage years, my relationship with my stutter had gotten better. To be honest, it was still not my best friend, but it was something that I was used to. I wanted to feel not afraid when I was talking, but I did not know how to accommodate myself so I asked my dads to talk to my speech therapist, Sara. Sara told me about SAY, the Stuttering Association for the Young, and talked about how fun it is to go there. She also told me that other kids stutter there so I said, "Wow that is really cool that they stutter and I did not know about that." At that time I had never heard anybody else besides Sara who stutters in my life. I was the only one in my schools, camps and in my family who stuttered. She told me to tell my dads about SAY and I did. My dads signed

me up right away!

When I went to SAY for the first time, I went with my dad Anthony. We took the city bus up to Manhattan. I heard a voice inside my heart saying *Tereza, you know you can do this. Don't be afraid. Do not be nervous. I am pretty sure they will be nice.* Then, we walked a couple blocks to get to SAY and once we reached SAY's building, we took an elevator up to the 5th floor. Once we reached the floor, I was so nervous that I felt like I was going to faint, but I took a deep breath... and I just walked into the room. I was greeted by a blonde, thin, happy woman who introduced herself as Kate. When she spoke, I noticed that she also stutters like I do. I was surprised because I thought I was just going to meet kids who stutter, not adults who stutter. It was awesome! It made me feel interested in her because now I have a woman figure to look up to who stutters and I was really happy about that. I was so excited to learn about what they do here. Once they said some of the stuff they do here, we all clicked. It felt like home.

Next thing I knew, I was standing in a circle with about 20 other teens who stutter. I felt relieved, like a big rock was taken off my shoulders. Kate was saying to everybody now you can have a chance to introduce yourselves in the circle. I was the first one who volunteered to introduce myself. I was also the first one to sign the SAY Credo where we all promised to give

each other as much time as we need to speak. I wished that everywhere I went had this credo, especially restaurants. After that, we played games with my SAY peers and Teaching Artists. One game was a rose, bud thorn and the other was energy ball. While we played the games, I felt nervous and confident at the same time. At the end of the session, we circled back up and Kate and Aidan said goodbye with the SAY ritual where we all put our hands in and did a chant on the count of 3 saying, "Say, Say, Say!"

I said goodbye to my peers, the Teaching Artists and Kate and Aidan. As I walked out the doors, I told my dad Anthony that I enjoyed it and had fun with everyone and I would like to come back. And from that day on, I went to SAY every Saturday. It was terrific and extraordinary! My relationship to my stutter now is that it is not a stalker who is following me, but now negotiating with me. It is still there. It's not going away, but with SAY in my life, I can handle the push with my stutter.



3 EMOTIONS

After weeks of writing and practicing my play for the SAY short play program, the time had come to prepare for the Opening Night. I felt nervous and excited because the audience was a new group of people who were the parents of kids who stutter. Also, my dads, my brother, my aunt, and my sitter were going to be in the audience that night. This was the first time they would all see me in a different character on stage by acting the way that I don't act at home.

I remember getting into the theater and I was greeted by some of my peers and especially by Kate and Aidan. The vibe was exciting and powerful in the room. Everyone was pumped up for the show and each group was practicing their lines with each other. Then, my Teaching Artist

led me and my cast members to the dressing room to get ready for the first opening act. I was putting on a pink striped shirt, putting on my floral Vans, black suspenders and looking into my script book before the show. I started to feel nervous and worried...*What if I couldn't do it? What if the audience laughed at me? What if my peers didn't have my back because I was afraid?* But I knew that couldn't happen so I walked down the stairs and to my places for the show.

When the song "My Girl" by the Temptations started playing, my heart started racing because I knew for a fact that meant our show was about to begin. Right before my entrance, I asked Kate and Aidan if I could bring the script onto the stage just so that I could be comfortable with it. They said sure, but they said try to look up when you are speaking to the audience. I entered the stage in the blackout just like in rehearsal. The lights went up and I spoke a couple of lines, but then I stopped because my whole family was there and I looked up at them and I said to myself... *Are they proud of me? Would they be proud of me if I just stopped and did not do the show anymore because I was nervous?* At that point, I started crying. It felt like the whole world stopped. I tried looking at my script, but it was too late. My tears were dripping like raindrops in a lightning storm. I never cried in front of an audience before. I did not run off stage. I just stood there and then Kate came over to me

and walked me off stage and she said “Don’t be afraid you can do this.” Then, Travis, the director of SAY, came over and talked to me for a few minutes telling me I was an extraordinary person. Then, I had a moment to myself and I wondered *should I do it, should I not?* I felt not sure of myself because I was still worried about going on stage and doing my lines after leaving the stage. Then, I said to myself I can do it. These people here are supporting me with their effort and love. I can do it. I am going to get back onto the stage.

After breathing in and out, I went backstage and I said “I am ready.” I high fived my scene partner Kaitlin and Aidan and I went back onto the stage with a smile on my face and toughness. When I went back on stage, everybody stood and applauded me. It sounded like a hockey arena and I was the most valuable player on stage. I had fun performing on my second try because I felt proud of myself. After the last act, I bowed with such excitement. I looked out and I saw my whole family applauding and they were really, really, really proud of me because I went out and tried again. People at the show were coming up to me saying wow you did a great job! I was like a movie star or a Broadway show star. That was the most important night at SAY for me.

I learned that you can put your mind to anything you want to do. I didn’t do it on the first time because I was nervous and scared and

worried, but then when I took my deep breath in and out, I gave it a second chance. My stutter was no longer stalking me. It made me powerful. It was a powerful stutter because I played a role in a show that helped my stutter. My stutter means the world to me because I used to feel like I didn't want to stutter and it made me feel alone, but after this show, I realized the stutter is yours. It will always be a part of your life.



4 PATH

SAY is my family because they are good people and good friends. I am still in school. I'm learning how to drive. I already have my permit and my birthday just passed and I am 19 years old. I am feeling confident about myself because I am maturing. When I met my friends at SAY, I felt confident in knowing that my voice matters. They helped me during a hard time in the show. People stutter there just like me. It makes me feel more accepted.

My advice to people out there who are sometimes afraid of what they are passionate about is this: You always take your time and breathe in and out and then look at your achievements and say to yourself: *I am strong, I am bold, and I am powerful!* And then, you go

out and proceed with your journey! My journey started with a surprise with my speech. I thought I was going to talk like people who don't stutter. At first, I didn't feel comfortable being someone who stuttered and now, after SAY, I feel confident. There were rocks and gravel along my path and at times it was rocky. When I walked on that gravel path, it led me towards SAY. Now, the time has come for me to end this route as I graduate SAY. The path ahead after SAY may still be rocky, but I can navigate my road ahead!



T-Money Songs

This is my playlist. These are the songs that I listen to because when I feel upset or needing people around me, I listen to these songs to remind me of who I am.

-My Girl by Temptations Broadway
Soundtrack

-Mr. Lonely by Bobby Vinton

-Safe and Sound by Capital Cities

-You Broke Me First by Conor Maynard

-Tiny Dancer by Elton John

-Collide by Howie Day

-I Got the Magic in Me by Bobby Simmons

-You Gotta Be by Des'ree



Quotes I Like

“Sometimes you will never know the value of a moment until it becomes a memory.” - Dr. Seuss

“Success is not final. Failure is not fatal. It is the courage to continue that counts.” - Winston Churchill

“Never bang your head. Always hold it high. Look the world straight in the eye.” - Helen Keller

“When you have a dream, you got to grab it and never let it go.” -Carol Burnett

Acknowledgements

I would like to thank Laura for helping me with my book, I would like to thank all of the Teaching Artists, I would also like to thank Kate and Aidan for their tremendous help over the past 3 years, and I would like to thank my parents for bringing me to SAY.

About the Author

My name is Tereza Catalano. I am 19 years old and I am from Staten Island. My hobbies include playing basketball, baking, helping other people, watching TV and reading. I've been a member of SAY for three years and I enjoy being a part of the organization. I enjoy writing about my life because from my story, I give advice to readers who would read my book.



Also by the Author

Here We Go Again

The Gladiolus

Supergirls Rock

THE DREAMERS

[Untitled] - a poem by Tereza

Our Voices Poem

Black Out Poem

Here We Go Again

Fall Songwriting Project 2019-2020

By Tereza Catalano, Jared, Erikson, & Evan
Teaching Artists: Colleen O'Connor & Nick Viagas
Music Mentor: Miranda Di Perno

ALL:

Oohs (2x)

JARED:

Walking through the streets of
205th street
yeah yeah yeah
It's nighttime
It's quiet
I get this numb feeling like
I'm being followed
I look behind me
And I see this shadow
Wait what its not there anymore

ALL:

Look at this mess we're in
Look at this mess we're in
Look at this
Look at this
Look at this mess we're in

EVAN:

A tornado of cats in the alley
Gracias a nuestros patrocinadores

Just another day in the Bronx

This old man on the train
holding two barrels of relish
fast asleep

Just another day in the Bronx

Some random guy
smashing watermelons
in the middle of the street
and then threw them at cars

Just another day in the Bronx

ALL:

Look at this mess we're in
Look at this mess we're in
Look at this
Look at this
Look at this mess we're in

ERIKSON

Me and my friends
Packing the van
Don't know where they have been
But I can understand
How they never thought
They would be in this situation
Losing my concentration

ALL:

Here we go again
Here we go again
Here we go
Here we go

Here we go again

Here we go again

Here we go again

Here we go

Here we go

Here we go again

TEREZA:

I've been down a lonely road

I have nobody there to hold

But I love and care very much

I don't want to feel down

the rest of my life

You want to live a happy life

I'm wanted here around the world

ALL:

Oohs (2x)

The Gladiolus

Winter Short Play Project 2020

by Tereza Catalano, Kaitlyn, & Kianna

Teaching Artist: Emily Ott

Volunteer: Tianna Richards

List of Characters:

Monogo: Kaitlyn

Goofy, headstrong, passionate and happy. She wants to inspire more kids who don't look "perfect" as the pageant depicts perfect. She wants kids to know that they are perfect in their own way.

Maylin: Tianna

Monogo's best friend. She's laid back and thinks more rationally. She's a hard worker and cares a lot about the people in her life.

Bonnie: (Kianna's Character, played by Tereza)

A participant in the pageant, but doesn't want to. She comes from a long line of pageant winners. She's meek and reserved.

Mara: Emily

Bonnie's helicopter mom. Mara is manipulative, socialite, ex-husband but remarried, Bonnie fears her. Mara meaning goddess of destruction, death, and winter and bitter/sorrow.

Mrs. Joanne:

Mrs. Joanne is a pageant director. She's very strict and also she is tough on cast members. She wants to get things done and organized.

SCENE 1

Time: 2:30pm

Place: Outside Roseberg Radio Station

At Rise: ***PSA announcement is heard over the speaker* SOUND CUE**

Mrs. Joanne

Ladies of Roseberg, the annual "Rose Maiden Pageant" is opening up and accepting young women to show the ideal version of a perfect lady. Ladies must be between 118-145 pounds, have good sewing skills, excellent flower arrangement skills, at least be able to play one instrument, cooking and cleaning skills, be a good hostess and housewife.

If you meet most of these requirements, please sign up and be titled the "Rose Maiden."

(Monogo and Maylin walk by and grab the flyer.)

Monogo

Today I want to do something crazy.

Maylin

Like what?

Monogo

I want to inspire women all around the world and show them that they don't have to look a certain way to look "pretty" .

Maylin

And how do you plan on doing that? You're one person.

Monogo

Ya, but who says that one person can't change society's views??

Maylin

...It's not that easy you know.

Monogo

Yeah, that's why I'm gonna start small.

Maylin

What do you plan on doing?

Monogo

(Monogo unveils the poster) I'm going to enter the biggest pageant show in town.

Maylin

Knowing your view on "starting small" I thought that you were gonna say that you wanted to star in your own commercial.

Monogo

You're not wrong. That did cross my mind, but then I thought, "what would Maylin do"; shortly after I got bored and then I saw this pageant flyer, and now I got something bigger planned.

Maylin

Awww you thought about me.

Monogo

Of course! You're my best friend, I always think about you.

SCENE 2

Time: 4:30pm on a Friday

Place: Pageant Dress Rehearsal, Roseberg Town Hall

Mrs. Joanne

SOUND CUE Welcome Ladies to this pageant competition! Please join us, friends and family, to witness these wonderful and beautiful ladies in the opening of a brand new champion show and be prepared by these wonderful talented women.... uhh....for them to inspire wonderful and talented acts. Friends and family, you will have fun and be proud of whoever kids are up and also enjoy the show and have a safe trip home after the show! Thank you and enjoy the show! Ok, ladies, you better be in perfect shape! Start material for tomorrow!

(Monogo walks up to Bonnie)

Monogo

Oh my gosh, this is so boring.

Bonnie

It wouldn't be so boring if you knew how to be a Rose Maiden.

Monogo

Well, that's why I'm learning.

Bonnie

If you are learning, you should try even harder to get the prize.

Monogo

I am trying hard.

Bonnie

Really? How are you doing that?

Monogo

I'm trying to be my best self and add some Monogo spice.

Bonnie

Is that how you plan on winning this pageant?

Monogo

Yep.

Bonnie

Well, I'm sorry to break it to you, but that isn't what they're here to see. They don't care about your thoughts, wants, dreams or ideas. They just want to see the Rose Maiden.

Monogo

Oh! Well that's not fair. That's not how it should be.

Bonnie

That's how it's always been, you have to fit into the mold and that's why I want to leave. I've been doing this for years and I'm tired of it. I just wish my mom would listen to me!

Monogo

Well, I was really oblivious to how show business works. Thank you for telling me. Since it sounds like you don't want to be here, I think I can help you with that. Can you help me in return?

Bonnie

How do you plan on helping me?

Monogo

By grabbing your mom's attention.

Bonnie

How?

Monogo

By winning, of course!

Bonnie

Monogo, you really are a strange person, but since I don't want to be here, I'll help you, but you have to train.

Monogo

Yes, I can do that! Thank you so much! Hey, wanna be friends?
(Girls handshake)

Bonnie

Yeah.

SCENE 3

Time: Saturday Evening, night of the pageant

Place: Roseberg Town Hall

At Rise: (*Mara is brushing Bonnie's hair. Bonnie is sitting in a chair and Mara is standing near her.*)

Bonnie

I'm not sure of doing this.

Mara

What?

Bonnie

I don't want to do it. I enter every year and win...
Just for one year, can I not enter?

Mara

I can't believe that you would do this to me, of all people.

Bonnie

It's just for one year.

Mara

I do everything for you and all I ask is for you to do this for me. (*Bonnie looks down at the floor*) I'm the only one you have and you do this! You wouldn't want to disappoint your mother now, would you?

Bonnie

N-no...

SCENE 4

Time: 5:30pm night of pageant

Place: backstage in the dressing room

Bonnie

I've been doing these pageant shows for years, so I'm used to doing all of the modeling. You should try your best and you don't have to be hard on yourself. And remember all the training, ok?

Monogo

Yeah, of course. I'll remember it. Thank you so much, by the way. All those weeks of training have really paid off. I won't let you down. I will do my best in the Rose Maiden Pageant Show.

(girls strut and pose. BLACKOUT)

Mrs. Joanne

SOUND CUE So all of your votes are in and we are about to announce the winner of the Rose Maiden Show! Drum Roll please! *(audience drumroll)*. The winner is.....Commercial break please. We are sponsored by LaCroix, the finest drink you'll ever drink! *(laughs)* And the winner is *(pause)* Monogo Andrews! *(applause)*

(Monogo enters with a bouquet of gladiolus flowers)

Monogo

I dedicate this prize to all the young women and men who are oppressed by society's views and feel as if they don't belong. I want to let all of you know that I've been there and that you are not

alone. Don't let anyone tell you that you are not perfect because you are. Be the best you, you can ever be. Thank you and I would also like to thank Bonnie Richmond for helping me achieve this goal.

(Bonnie runs to Monogo for a hug)

Bonnie

You did so great with your acceptance speech.

Monogo

Thank you for accepting who I am.

Mara

Did you help her?

Bonnie

Mom, I just wanna tell you one thing. Monogo is my friend and that's why I said she did a good job in her acceptance speech. I know you're mad at me, but she wanted my help.

Mara

You don't need friends. You need to win.

Monogo

Ms. Mara. I believe that Bonnie does need friends and that winning isn't everything. And dare I say that I think you are wrong and that you need to listen to your daughter more. *(Mara walks off stage, Maylin, Monogo, and Bonnie watch as Mara exist)*

Monogo

I'm sorry Bonnie, I thought that she would turn around and-

Bonnie

No, you did just that. You made her start to change her mind. And now I can be who I want to be.

GIRLS HUG. Lights out.

Group Name: Supergirls Rock

Mentor Project Online - Spring 2020

Tereza Catalano & Sutanya

Mentors: Tianna Richards & Gaby Molyneaux

Teaching Artist: Ryan Pater

TIANNA: Don't give up on anything you do

SUTANYA: Together we'll all somehow make it through

TEREZA: Hand in hand we will rise up

GABY: Rising up to the top

TIANNA: I won't give up

SUTANYA: Nothing can hold me back

TEREZA: I won't give up

GABY: Let's all be heard

SUTANYA: Your feelings are heard

Every tear you shed

Every time you smile a fake smile

Every time you close your eyes and wish for better days

Your feelings are heard

You may have been hurt

You may have been broken

But your feelings don't define you

Heartbreak doesn't define you

Depression does not define you

Their words and actions used to hurt you

and manipulate you do not define you

Understand that we love you

Understand we love your mistakes
Remember the moon we looked at together
at the end of the day Understand that even
though we are far apart and you feel as though
the world would be better without you
We are here to kiss your wounds, dry your
tears, and tell you what you feel is okay
And just like a bird that flies away with your
thoughts and fears
Just like the flight of that bird
Please know your feelings are heard

GABY: How gorgeous you really are
Don't let the fun bring you down
Have the best time of your life

TIANNA: Together.

The majority of the human race mostly fails to be kind and equal with one another. Over time, it gets to the point where we tend to get violent. Generally, we want the world to be a better place. Equality and unity, the foundation of solving the world's problems. Though it may take years of process but every small step makes a big difference. Hence, why it's important to be one. Every voice, every action, every person has the power to make the world better. Revolution of peace, love and tranquility. Togetherness conquers separation.

TEREZA: Making a world a better place
With all the people who are strong and fighting for their lives

And they never ever give up on their own side of their family

TIANNA: Don't give up on anything you do

SUTANYA: Together we'll all somehow make it through

TEREZA: Hand in hand we will rise up

GABY: Rising up to the top

TIANNA: I won't give up

SUTANYA: Nothing can hold me back

TEREZA: I won't give up

GABY: Let's all be heard

ALL: Let's all be heard

THE DREAMERS

Fall Storytelling Project 2020-2021

by Tereza Catalano, Erick, & Ricardo
Teaching Artist: Rosie McDonald

Speaker View

(We start with all cameras off. Rosie turns her video on to show the backdrop of an alley in Los Angeles- our setting. Rosie's video turns off. Erick's video turns on.)

Gallery View

(We see Blaine sitting next to a dumpster)

Blaine

Another evening, same old food.

(Tereza turns on her camera. We see T\$ enter the alley)

T\$

You're right, Blaine. It's another evening and the same old food.

Blaine

At least there's no one around here to make fun of me like they would usually do.

(Ricardo's video turns on. Rosie shares computer sound and plays "Swan Lake." Sam enters by dancing down the street in his own world. He has

the song playing he's practicing dancing to at his studio. He doesn't even see Blaine and T\$ at first, and then when he does, he switches to an awkward walk.)

T\$

Hey, my name is T\$! What are you doing in the alley?

Sam

Oh, I'm just getting away from everyone.

Blaine

Me too. Ever since that day when I tried to show the critics my art piece.. and trust me, they hated it.

Sam

You're an artist too? Can I see your art piece?

Speaker View

Blaine

I don't know if you're gonna like it though, but here. *(holds up artwork)*

Gallery View

T\$

(surprised) Your artwork looks excellent!

Sam

Forget about the critics. I think it looks gorgeous!

Speaker View

Blaine

(gasp!) Oh wow! Nobody said anything about my artwork like that before! Normally everybody would look down on me because they know I

have talent but my background doesn't go along with it. There is even some rich kids who even make fun of my drawings. While I was leaving the Los Angeles Board of Visual Arts, a girl walked up to me, looked at my painting and she says "Your artwork is horrible. My dad paints far better than you ever do. I bet not even one drawing could get you into the industry."

Sam

You know Blaine, you and I aren't so different. When my dance team competes in competitions, the judges don't like what we are expressing, but it's always the younger audience members who understand. The judges, they aren't used to boys being in ballet dance numbers. I dance to inspire the younger boys to not let what other people think of them suppress them and to show them they can be brave, free, and accepted.

Gallery View

T\$

You guys are doing a great job! Keep up the good work! Don't let anything get the best of you.

Blaine

Thank you guys. I knew you guys would make me feel better. Oh, that reminds me! I forgot to introduce my name. The name's Blaine. And you?

Sam

My name is Sam and it's a pleasure to meet you, Blaine.

Speaker View

T\$

It's sometimes hard to becoming a woman lawyer because usually men are lawyers and they always have been. And back in the late 1700's women became housewives and took care of the men's children while the men went to work and got home. The women cooked for the men, so why I'm saying this now is cause I'm saying this for every woman out there! By saying this, "Women should be able to be a lawyer, to be free, to be not controlled by their husbands, to become a successful lawyer, chef, basketball player, judge, any job out there that is also eligible for women!"

Gallery View

Blaine

It's true! 100%!

Sam

Yeah, you are right, T\$. Women are allowed to have any job they wish. And they can teach us some important lessons that a man might not fully understand.

Blaine

No matter where you came from, as long as you have talent, you can be who you want to be, and you can go far! All it takes is practice and self-esteem!

THE END

Winter Spoken Word Project 2021

Tereza Catalano, Michael, & Erick
Teaching Artist: Emily Ott

[Untitled] - a poem by Tereza

When I feel excited I'm happy
When I feel sad I'm down
When I feel angry I feel upset
I will be always be loved when I'm afraid
I will love you back when you are feeling down
Against everyone's hatred I feel annoyed
Quiet when I'm sleeping
Quiet when I'm silent
All of us should pray
All of us should dance
All of us should touch each others hands
All of us should have the experience of each other
When my voice speaks to people who are blind
My voice speaks to help other people to not be
afraid
My voice will always matter to my dad's my
brother my whole family my whole SAY community
Every voice matters
Every voice matters
Every voice matters to everyone out there
To God to the whole human race
There is a silent town in a quiet ghost
There is always a blue bird
Watching the sky
When I bake I love cupcakes
Bake yummy cupcakes

When I graduate SAY I will always remember SAY
as
My family, my home, and I will always remember I
Would have fun times at SAY
When I think of SAY!!! I'm always happy I'm
always peaceful at SAY
I feel quiet, and joyful
I feel loved by SAY from friends to the TAs to
Kate and Aidan

Love is not a thing you get a lot

Our Voices Poem

TEREZA:

My voice is
Aspiring, soft, unique
Loud when I'm at a game,
Loud when misunderstood,
Loud when I have the right to say what I need to say.

MICHAEL:

Quiet when sleeping
Quiet when I am
Quiet when praying
Quiet when I'm confused
Wanting to be heard by everyone, famous
people, people who have patience
Speaking up for the unheard, for justice, for the
people who are speechless.
Against hate, ignorance, prejudice.

ERICK:

My voice can help others
My voice can talk to others
My voice can strengthen others!
My stutter is strong, personal, pure
My voice matters
My voice is my stutter
My voice is honorable
My voice is tough.

Black Out Poem

Think differently.
Flow.
The river moves, stutters,
I do too.

Image, language
Terrifying movements
Natural world mouth differently
Words, sound and body.
Small

Profoundly connected and profoundly alone.
Terrifyingly beautiful.
Worrying, grace, smooth
Talk.

think differently
flow. The river
moves, stutters, I do too.

image language
terrifying.
movements natural world
mouth

differently.
words, sound, and
body.
small
profoundly connected and profoundly alone.
terrifyingly beautiful.
worrying; grace,
smooth.

talk

Praise for the Author

"Tereza Catalano is luminescent; a person who makes the world more beautiful. She moves through the world with love and faith in her heart. She greets hardship with stalwart determination and confidence, unperturbed by any foolish forces that have the audacity to attempt to hold her back. Interacting with Tereza leaves us feeling more full of love and strength than before. She is a leader and a facilitator of joy. Her soul derives its incredible beauty not only from her kind heart, but from her terrific inner strength. She leads the way.'

-KATE DETRICK, SAY Director of Confident Voices

"Tereza exhibits such bravery and compassion as she shares her heart-warming story about her life as a person who stutters. This is a wonderful book for anyone who has ever needed support, love and laughter on their own journey. Tereza writes with such creativity and depth of emotion! I absolutely recommend Tereza's Life and Achievements and especially love the playlist she shares in it! This book will make you feel stronger and fill you with gratitude!"

-LAURA BOZZONE, SAY Writing Mentor and Teaching Artist

"If you ever have the pleasure of meeting Tereza Catalano, you will immediately know these things about her: she only tells the truth, her heart is absolutely enormous and her laugh is contagious! Tereza is a powerful woman who stutters and an absolutely beautiful writer. More than this, she is a deeply kind soul who sees the world with so much grace and joy. To speak to Tereza is to commune with her, to gain a glimpse into who she is; she puts up no barriers and welcomes everyone she meets into her heart, and the world is better for it. This book is a gorgeous reflection on her life, stuttering, inspiration, fear and triumph. Like everything else she does, she put her full self into it, and her generous and open soul shines through. I feel so fortunate to have had the chance to read her words, and often find myself reflecting on her courage and vulnerability. Tereza Catalano is an absolute star, and this book gleams with joy and love."

-AIDAN SANK, SAY Artistic Director of Confident Voices

"Sunshine. The first word that comes to mind when I think of Tereza Catalano. The author has a brightness to her spirit as distinct as the sun and it has been a true pleasure watching her shine in the time that I've known her. Wherever she goes, Tereza carries with her a sincerity and willingness to be vulnerable that is sure to attract many more spectacular opportunities for her to showcase her beautiful voice. I look forward to hearing each and every one of them."

-MIRANDA DI PERNO, SAY Teaching Artist