

Moms need ‘recharging’ to handle demands of the job

If you’re a mother (or a grand-mother) who is raising a child who has a hearing loss, you don’t need anyone else to tell you that this challenge ups the stress in your life. But, you might need someone to remind you that, to deal well with this added stress, you need to take time out to recharge both physically and mentally.

Far from being selfish, taking care of yourself keeps you from getting burned out from all the extra demands both on your time (has a week ever gone by without at least one speech, audiology, doctor or school appointment?) and on your mind (every mom worries, but a child’s hearing loss generates plenty of extra fuel for concern).

One of the best ways to help relieve the additional stress that comes with raising a child who has a hearing loss is to talk with other mothers and grandmothers in the same boat.

“Having a child with a hearing loss allows you to join a smaller, extremely cohesive and unbelievably supportive ‘sub club’ of the ‘Mommy Club,’” said Katherine Burns-Christenson, a member of Family Support Connection’s Parent Advisory Board. “We get it. We’ll laugh with you. We’ll cry with you. We’ll celebrate with you and recognize your sadness and exhaustion. We’ll give you strategies, connections, and resources. We’ll remind you, too, to love, love, love all parts of your child,” Katherine added.

Mental health experts recommend sharing feelings as a way to relieve stress. (*See the list to the right.*)

“Talk to people—family, friends or professionals,” said Kelly Tuomala, FSC’s Northeast Region Parent Guide. “Don’t try and do it alone!”

Providing an opportunity for moms to meet was a goal of the annual Moms Retreat. While the Family Support Connection no longer holds this event, “Family Getaways” offered around the state brings together families in similar circumstances, said Candace Lindow-Davies, Family Support Coordinator.

“We can all learn from each other,” Candace added. “Meeting other parents is a wonderful way for us to learn from each other and be reassured that we’re not alone in this journey.”

In addition to retreats, other events offered by the Family Support Connection, such as the roller skating party in January and the family picnic in August, provide the chance for moms (and dads) to meet. Workshops and sign or cue classes also present opportunities for forging friendships.

Besides sharing feelings with supportive people, maintaining your own sense of humor lightens the load when dealing with a child’s hearing loss.

“It is easy to get caught up in all of the appointments, but don’t forget to have some fun,” said Amy Deneen, FSC’s Southeast Region Parent Guide. “My son reminds me that being hard of hearing is a good thing during thunderstorms, boring lectures from mom and dad, and church, as he can turn off his hearing aids.” That boy has found a great way to reduce the stress in his life. It’s one we can all adopt, suggests Brenda Hommerding, FSC’s Central Region Parent Guide.

“Plug your ears with ear plugs or cotton balls and turn all sound off,” she said. “It is amazing to realize the tranquility of the quietness.”

Taking a break is a great de-stressor, and so is immersing yourself in a hobby.

“Find a hobby that gives you joy and personal satisfaction, and then make that commitment just as important as the speech appointments or sign or cue classes,” Candace said.

Finally, reduce stress in your life simply by being more accepting of how your child behaves.

“Our children will be much happier knowing they can count on us even when they make mistakes and/or don’t succeed right away,” added Beckie Perkins, a member of Family Support Connection’s Parent Advisory Board.

See Page 6 for more tips.

It may be just coincidence, but during May we celebrate both Mother’s Day and Mental Health Awareness Month. The National Mental Health Association offers these tips for reducing stress in your life. For more resources to help with improving your mental health or your child’s, visit NMHA’s website at www.nmha.org.

Be realistic. If you feel overwhelmed with activities (yours or your child’s), eliminate things that are not absolutely necessary.

Shed the “Superwoman” urge. Don’t expect perfection from yourself or others. Don’t take on too much. *Ask for help.*

Meditate. Ten to 20 minutes of quiet reflection can bring relief from stress. Use the time to listen to music, relax and think of pleasant things or keep your mind blank.

Visualize. Picture yourself managing a stressful situation successfully. Visual rehearsals boost self-confidence and give you a positive approach to tasks.

Take one thing at a time. Avoid feeling overwhelmed by making a list and checking off each thing as it’s done.

Exercise. Aim for 20 minutes of physical activity daily. Get those endorphins working!

Get a hobby. Take a break from your worries by doing something you enjoy. Schedule time to indulge your interest.

Maintain a healthy lifestyle. Eat well and limit intake of caffeine and alcohol (alcohol disturbs sleep patterns), get adequate rest, exercise, and balance work and play.

Share your feelings. A conversation with a friend lets you know that you are not in this alone. Let friends and family provide love, support and guidance.

Give in occasionally. Be flexible! If you are willing to give in, others may meet you halfway. You’ll reduce your stress, and you may find better solutions to your problems.

Go easy with criticism. You may expect too much of yourself and others. Try not to feel frustrated or disappointed when another person does not measure up. Remember, everyone is unique—with virtues, shortcomings, and the right to develop as an individual.

What's Happening Around Town

- Tuesday, May 16** "Cue Clutch" meets at Java Jacks, 46th & Bryant in Minneapolis from 6:30 to 8 p.m. For information, contact Katherine Burns-Christenson at 952-929-3965 or e-mail kbc29@aol.com.
- Thursday, May 18** **The St. Paul Red Cross offers a class in Adult CPR/AED (Automatic External Defibrillation) taught in ASL** from 5:30 to 10 p.m. at American Red Cross of the St Paul Area, 176 S. Robert St. Cost is \$61. Register by May 12 at www.stpaul-redcross.org/courses/registration2.html.
- Friday, May 19** **DeafTeen Quest YOUTH Group** meets from 7 to 9 p.m. at Cedar Valley Church, 8600 Bloomington Ave. S. in Bloomington. New members are welcome. For questions or more information, contact the director, Laurie A. Johnson at COHDeafOutreach@aol.com or ljinterpreter@tmail.com.
- Saturday, May 20** **Minnesota North Star Academy invites teens ages 13 to 18 who are deaf or hard of hearing to attend a formal prom** from 8 p.m. to midnight at the school in Gustavus Adolphus Lutheran Church, 1669 N. Arcade St. in St. Paul. Cost is \$15 per person in advance or \$20 at the door. Deadline for advance tickets/reservations is May 15. Contact Ginger at 651-771-2000(v), -2112 (tty) or gthompson@mnnorthstaracademy.org.
- Saturday, May 20** **Mu Performing Arts presents an Asian-influenced "A Midsummer Night's Dream"** with Japanese taiko drumming, Korean mask dance, and Kabuki sword fighting. The show starts at 8 p.m. at Southern Theater, 1420 Washington Ave. S. in Minneapolis. Tickets are \$20 and are available through the box office (612-340-1725) or at www.southerntheater.org.
- Sunday, May 21** **Lakeshore Players Theatre presents an ASL-interpreted performance of "The Music Man"** at 2 p.m. at 4820 Stewart Ave. in White Bear Lake. Tickets are \$19 regular and \$17 senior and students. Ask the box office about the \$7 VSA Access to Theatre discount. Reserve ticket by calling 651-429-5674(v) or sending an e-mail to tickets@lakeshoreplayers.com.
- June 3 & 4** **Flint Hills International Children's Festival features ASL-interpreted performances** on stage at the Ordway Center for the Performing Arts, 345 Washington, St. Paul and free events such as circus stunts, mimes, clowns, worldwide foods, and student artwork in Rice Park. For a schedule and ticket information see www.ordway.org or call 651-224-4222.
- Sunday, June 4** "Why is the Sky Yellow? Artist's Choices," the tour at the **Minneapolis Institute of Arts**, is ASL-interpreted beginning at 2 p.m. in the lobby. For information, call Visitor and Member Services at 612-870-3131 (v) or 612-870-3132 (tty).
- Friday, June 9** **Fifth and sixth grade students from Como School who are deaf or hard of hearing perform a play in ASL** with voice interpretation at 6:30 p.m. at Thompson Hall, 1024 Marshall Ave. in St. Paul. Free admission.



ASL-Interpreted Performances

Pippi Longstocking

Wed., May 31, 10:30 a.m., Fri., June 2, 7:30 p.m.
Children's Theatre Co., 2400 3rd Ave. S., Mpls,
612-874-0400; www.childrenstheatre.org

House at Poob Corner

Friday, June 2, 7:30 p.m.
Tickets: \$12, \$10 students/seniors, \$14 box
seats, phone: 763-422-1838.
Lyric Arts Main Street Stage, 420 E. Main St.,
Anoka; www.lyricarts.org.

Princess of Mars

Friday, June 2, 8 p.m.
Tickets: 612-581-2229.
Playwrights' Center, 2301 E. Franklin Ave.,
Minneapolis; www.hardcovertheater.org.
A tale of sci-fi adventure, romance, and
warfare on Mars that's suitable for over age 6.

La Cage aux Folles

Sunday, June 11, 7:30 p.m.
Tickets: Reduced to \$17 (regular \$24); 612-373-
5650. Hennepin Stages, 824 Hennepin Ave.,
Minneapolis; www.aboutmmt.org.

Brooklyn

Friday, June 16, 8 p.m.
Tickets: \$38-\$60; 651-224-4222, 651-282-3100
(tty). Ordway Center for the Performing Arts,
345 Washington, St. Paul; www.ordway.org.

Steel Magnolias

Saturday, June 17, 7:30 p.m.
Tickets: Reduced to half-price; 651-291-7005.
Park Square Theatre, 408 Saint Peter St., St.
Paul; www.parksquaretheatre.org.

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Our mission is to build better lives for children who are deaf or hard of hearing by providing parent-to-parent support.

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The View from Here

By Candace Lindow-Davies
Family Support Coordinator

Mother's Day is fast approaching, and our staff wanted to dedicate this month's issue to the mothers and grandmothers of children who are deaf and hard of hearing. (Hang in there, dads, you're up next month!)

Motherhood is an awesome, often humbling experience. Being the mother or grandmother of a child who is deaf or hard of hearing is also very awesome, and even more often, humbling.

Barbara Gill, author of "Changed By A Child," wrote about "amplification," referring not to hearing aids and the like, but to the way events in our children's lives are amplified because of the hearing loss. Events such as transitioning to kindergarten or high school or learning to ride a bike or to say/sign/cue a first word are somehow more intense. In her words, "everything is at a higher volume, and there's more of it." I have to agree.

I specifically want to include grandmothers in our tribute. I have met so many wonderful grandmothers who play incredible roles in their grandchildren's lives. We honor the grandmothers who have taken over the role as primary caregiver, the grandmothers who have made huge sacrifices to help their own children, those who have learned to sign, cue or troubleshoot cochlear implants, and all those who gently love and nourish the minds of their grandchildren. As some of you know, my own mother dropped everything and moved here from out of state to offer her support to my family and me. I consider myself so very blessed, and hope that each of you have someone in your life to be your strength.

What I have learned from this parenting experience is profound respect for the mothers and grandmothers who have come before, who are raising their kids right now, and for those who will come after. We have such common ground, even with the different choices we make for our children. We all strive to improve communication and maximize our child's potential. We may go at it a bit differently, but we all work so hard to raise a truly successful child, in every sense of the word.

And, as we all know, this can be exhausting. This month's newsletter encourages you to take care of yourself as well as your child/grandchild. Maybe you're already doing some of things we suggest, or maybe this concept is so foreign to you that you don't even know where to begin. But it is so very important to reclaim time and energy for you. Trust me. You will be a better parent/grandparent because you did so.

I have also learned that motherhood can often be a thankless job. (You'll read about that in this month's Little Grin.) But, for every challenge this job has, it has even more rewards. Just last night, my son and I were sharing a quiet moment when he said, "I love you more than any woman I have known." I had to laugh to myself. What a funny thing for him to say! Then I stopped, and just decided to relish the moment as long as I could. You never know what tomorrow may bring.... Happy Mother's Day!

Researchers want kids who sign to join national study on child development

More participants, especially children who use sign language, are needed for a national study on the development of children with hearing loss. Parents are paid \$50 for each research session.

The Early Development of Children with Hearing Loss project is studying children born between August 2002 and June 2004 who have a hearing loss or who have normal hearing and have used "Baby Signs." Participants receive \$50 for 2-hour test sessions done every six months until age 4½. The nearest test sites are in Minneapolis and Rochester.

Currently 16 Minnesota children are in the study. Only one of those is deaf and uses sign language while nine are hearing and use "Baby Sign." Across the country, 171 children are being studied. Most have hearing loss and don't sign.

The study's results will help improve early intervention programs. To join the study, see www.speechdevelopment.org/support.html, or call the Family Support Connection and request a brochure that gives more details about the study.

Virnig receives fellowship, takes leave from state school for '06-07

Sean Virnig, Director of the Minnesota State Academy for the Deaf, has received a Bush Fellowship and will take an 18-month leave of absence from MSAD to complete his PhD.

The Bush Foundation is an independent grant maker established in 1953 by Archibald Bush, chairman of the executive committee of the 3M Company, and his wife, Edyth Bassler, to strengthen the work of nonprofit organizations and individuals in Minnesota and neighboring states.

Virnig will begin his fellowship in August. In his absence, Roxie Mitchell, MSAD's IEP coordinator, will be the school's Interim Director.

Gallaudet University selects new president; students protest selection

Gallaudet University has chosen the school's current provost to succeed retiring President Dr. I. King Jordan.

Dr. Jane K. Fernandes, who is deaf, will take office in January 2007. As Provost, Fernandes is the chief academic officer of the University. She has been a leader in the University's strategic planning. Fernandes grew up in Worcester, Mass., attending public schools. She is a graduate of Trinity College (Connecticut) with a degree in French and comparative literature. She has a master's and doctorate from the University of Iowa. She has held several positions at Gallaudet over the years, and has also worked for Northeastern University and Kapi'olani Community College in Hawaii.

Since the announcement Monday of Fernandes' appointment, students have staged protests claiming she doesn't promote "cultural deafness." Fernandes learned to sign when she was a young woman and can communicate well by speaking or by signing. Other students protested, saying she was too aloof or strict.

The students have been blocking campus entrances this week. Demonstrators met with university administrators Tuesday, although administrators insist they will not change their decision.

North Star Academy team wins first Academic Bowl

Last month, four teams competed in the state's first Academic Bowl for deaf and hard of hearing students at Minnesota State Academy for the Deaf (MSAD) in Faribault. The teams were MSAD 12th graders, MSAD 11th graders, students from Coon Rapids High School, and students from Minnesota North Star Academy (MNSA).

Rather than competing based on who could "buzz in" fastest with the answer, teams deliberated before handing a response to the moderator. The two highest scoring teams, MSAD's 11th graders and MNSA, played a tense championship game. Near the end, the score was tied 10-10. But, the team from MNSA pulled ahead when they correctly gave the chemical formula for aluminum oxide as Al_2O_3 and won 12-11.

MNSA plans to host the next Academic Bowl next fall.

Pass gives families with deaf kids free access to US Parks

The Federal Government offers citizens who are permanently disabled—deafness qualifies—a free pass to national parks, monuments, historic sites,



recreation areas, and national wildlife refuges that charge an entrance fee.

The Golden Access Passport is a lifetime entrance pass providing admission to the pass-holder and everyone in a vehicle (if the park offers a per-vehicle entrance fee). The passport also gives a 50% discount on fees charged for facilities and services such as camping, swimming, parking, boating and tours. It also works for sites managed by the U.S. Fish and Wildlife Service, the U.S. Forest Service, the Bureau of Land Management, and the Army Corps of Engineers.

The pass must be obtained in person with proof (such as an audiogram) of the disability. The card is available at most national parks, federal recreation areas and Army Corps campgrounds. The nearest site is the Mississippi River Visitor Center, 120 West Kellogg Blvd. in St. Paul. Call 651-293-0200 for hours. For a list of US parks, see www.us-parks.com/golden_access_passport.html.

Convention Time!

National conventions about hearing loss issues burst with the latest information, gadgets and opportunities for meeting other families walking similar paths in life. Families that attend often remark how inspiring and rejuvenating these conferences are. Why not see for yourself — one of these national events might just fit into your vacation plans.

AG Bell 2006 Convention Pittsburgh, June 23-27

Keynote speaker Dr. Neil Izenberg tells how he created the award-winning KidsHealth.org. See www.agbell.org for registration information.

Hearing Loss Association of America (formerly SHHH) Convention Disney's Coronado Springs Resort-Orlando, June 29-July 2

Featured speakers are Lou Ferrigno (the Hulk) and Michael Chorost, author of "Rebuilt: How Becoming Part Computer Made Me More Human." Convention offers special family pricing and discount passes for Disney theme parks. For registration information, see www.hearingloss.org.

48th Biennial Conference of the National Association of the Deaf Desert Springs Marriott Resort-Palm Springs June 29-July 3

Highlights include College Quizbowl and the Miss Deaf America pageant. For prices and registration information, see www.nad.org/2006conference.

National Cued Speech Association Conference Celebrating the 40th Anniversary of Cued Speech Towson University, Maryland, July 20-23

In addition to workshops and presentations, the conference includes a special program for children and teens with trips to the National Aquarium, the Baltimore Museum of Science and the National Arboretum's Garden of Senses. For details, see www.cuedspeech.org.

Golf lessons offered to kids

Kids who are deaf or hard of hearing and their siblings between ages 8 and 15 can learn to golf this summer through a program offered by CSD, St. Paul Parks and Recreation and The First Tee of Saint Paul.

Two three-day classes will be offered at Highland Golf Course, 1403 Montreal in St. Paul. ASL interpreters will be provided for each class. The first meets June 15 and 16 from 9 to 10:30 a.m. and June 19 from 11:15 a.m. to 1:15 p.m. The other class meets June 19 and 26 from 9 to 10:30 a.m. and July 10 from 11:15 a.m. to 1:15 p.m.

Cost is \$25 per person. Registration is due by Friday, June 9.

For more information or to register, contact Mary Livingston at 651-266-6366 (v), 651-266-6378 (tty) or e-mail mary.livingston@ci.stpaul.mn.us or jfrank@c-s-d.org.

Deaf student elected to lead student government at college

Students at Rochester Institute of Technology (RIT) have elected a student who is deaf to be president of the student government. This is the first time a deaf student has been chosen to represent a mostly hearing student population at a U.S. college.

Elizabeth "Lizzie" Sorkin, 24, is a film/video and animation major at RIT. She is from Elk Grove, Calif. She was elected last month to represent RIT's 15,500 students. She received about 80 percent of the vote. About 1,100 of RIT's students are deaf or hard of hearing and attend or receive services through the National Technical Institute for the Deaf, a college of RIT.

CSD and St. Paul Parks and Recreation want your ideas for activities they can offer families with members who are deaf or hard of hearing. To respond to a short survey, e-mail mary.livingston@ci.stpaul.mn.us or jfrank@c-s-d.org.



A Little Grin

By Melissa McNamer

As we're about to celebrate Mother's Day, it seems fitting to share this story that I heard from another mom.

My son had gotten into trouble, so I was thinking of a consequence for his actions. I have this obsessive need to make everything educational for him. Therefore, I told him he would need to write "I will think before I act" 25 times.

He proceeded to start writing. There were no complaints—he did it without saying a word, which surprised me. I was pleased that he was accepting his consequence. It was working!

After he was done, I took a look at his paper. His grammar was great; punctuation and spacing were perfect. Then, at the bottom of the page I saw he had drawn a picture of me—Mom as the Devil, complete with pitchfork and horns!!!

Motherhood—a thankless job!

CSD offers free tickets to Twins games at Dome

CSD of Minnesota is offering free tickets again this summer for families with members who are deaf or hard of hearing to attend Minnesota Twins' games at the Metrodome. Deaf Nights for the 2006 season are:

May 12, 7:10 p.m. against Chicago
June 19, 7:10 p.m. against Baltimore
July 13, 7:10 p.m. against Cleveland
Aug. 12, 6:10 p.m. against Toronto

Reserve free tickets by contacting Jessalyn Frank at 651-487-8870(tty) or e-mail jfrank@c-s-d.org.

May is Better Hearing and Speech Month. For ideas and materials to promote this, see www.asha.org/campaign.htm.

Captions available for museum movie about body

The companion movie for the new exhibit at the Science Museum of Minnesota, "The Human Body," is accessible through rear-window captioning. The caption viewers can be requested at the ticket desk.

The 43-minute documentary showcases the biological processes that keep our bodies running from morning to night. The film uses state-of-the-art cinematography and medical imaging to tour areas such as the circulatory and digestive systems.

For a preview of the film, see www.smm.org/humanbody/trailer.php.

Events promote cueing

Families that use Cued Speech will have several opportunities to get together over the summer. These events also are open to people who want to learn about cueing.

Cue & Play sessions at area parks are planned twice a month beginning in June. These Friday play dates give kids who cue the chance to make friends with others, while parents have the time to socialize and practice cueing. The dates are:

June 16 at Jensen Lake Park in Eagan
June 30 at Wooddale Park in Edina
July 14 at Pearl Park in Minneapolis
July 28 at Cliff/Fen Park in Burnsville
Aug. 11 at Rosland Park in Edina
Aug. 25 at Staring Lake Park in Eden Prairie

There will be another Camp & Cue at Lebanon Hills in Eagan Aug. 11-13. Families can camp or just come for the Saturday night party around the campfire with s'mores. Last year this event drew more than 40 people.

For more information about these cued speech events, contact Mary Stadelman at mstadelman@earthlink.net.



Off the Shelf

By Robin Coninx, FSC Specialist

Our library offers several books to help you cope with (and appreciate) your role as the mother of a child who is deaf or hard of hearing.

"When Your Child is Deaf" by David M. Luterman includes a chapter specifically on coping. He says, "With coping there is always the possibility of growth and there is the continual demand for change....Life with a deaf child is unpredictable and almost always stressful. It is also very interesting."

Luterman also talks about stress reduction. He says, "One mother I knew took long, hot baths, another wood knit, while a third baked pies. What is effective for one person may not work for another."

He also recommends keeping a "short-term focus" so problems seem manageable.

Barbara Gill's "Changed By a Child" includes many encouraging passages, including "Today, I will let go of struggling alone in a net that only tightens as I endeavor to break free of it. I will let go of having to do it all by myself and will ask for help."

Other books to consider are "Silent Garden" by Paul Ogden and "Not Deaf Enough: Raising a Child who is Hard of Hearing with Hugs, Humor and Imagination" by Patricia Ann Morgan Candlish.

Find support for yourself by checking out one of these books.

The annual Parent Child Institute in June at Minnesota State Academy for the Deaf has been canceled for this year.

Social worker shares tips for becoming happier mom

Marian Hausladen, St. Paul Public Schools Social Worker, shared these tips at the Moms' Retreat in 2001 to help moms become happier parents:

- **Make two positive statements about yourself in front of your child everyday.**
- **Do something nice for yourself to show your children you consider yourself a person of worth.**
- **Don't take yourself too seriously. If an act has no long-range implications, don't let it make you get upset.**
- **Learn to laugh. Look for delightful and funny situations in your everyday life.**
- **When you evaluate your day, think of what you did right and take pleasure in that. If you need to correct an error, do so, but don't dwell on it.**
- **Like yourself. Schedule time for yourself every day.**

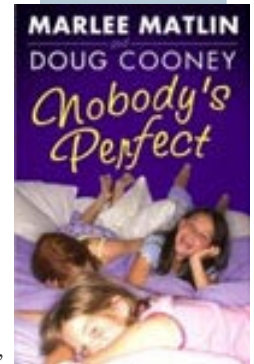
Matlin writes second book, earns AOL honor

Actress Marlee Matlin's second children's book will be in bookstores next month. The actress/author/mother of four also is being honored May 17 by America Online (AOL) as CEO of the Year (CEO stands for "Chief Everything Officer").

Matlin's book, "Nobody's Perfect," features Megan, a young girl who is deaf, who was introduced in Matlin's first book, "Deaf Child Crossing." In this new book, outgoing Megan wants to make friends with a new girl, but the girl doesn't seem to want friends. Megan learns her secret and uses her signing skills to help. The book is co-authored by Doug Cooney. The publisher is Simon & Schuster.

Matlin recently wrapped up her role as Joey Lucas on NBC's "West Wing." She has joined the cast of Showtime's "The L Word," and should be on screen early next year.

For more about the book and Matlin's AOL honor, see www.marleematlinsite.com.



Website helps teachers reach D/HH students

The National Technical Institute for the Deaf (NTID) has created a website and publications to help teachers in mainstream classrooms work with students who are deaf or hard of hearing.

The website, www.rit.edu/classact, is geared toward college instructors, but offers tips to help any classroom teacher deal better with these students. There are many easy-to-adapt ideas for changing teaching behaviors that impede deaf students' learning, such as instructors talking too fast or talking while facing the blackboard.

The "Survival Signs" section shows how to sign more than 30 phrases, such as "Good morning," "Do you have any questions?" and "Have a nice weekend." The phrases are signed by real models via Quicktime clips. The sign examples are found under "Teaching Tools" on the website's homepage.

The website also provides many handouts for teachers, including one on how to encourage turn-taking during discussions. There are also tips on working with interpreters and captionists. Teachers and students both can access discussion boards on the website.

In addition to the website, NTID has created an eight-chapter publication, "The Project Access Workshop Planner's Guide" to help instructors and support service providers better understand the classroom challenges faced by deaf students. Written by a team of support service providers, faculty members, deaf students, and researchers, this book is the final product from Project Access, a three-year grant program. The Guide and two CDs are available for \$35 through BookSurge at www.booksurge.com. Project Access is funded by grants from the U.S. Department of Education.