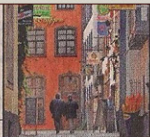


Tour of Germany's beer centers will leave anyone cheerful **TRAVEL, E6**



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SPOTLIGHT ON FEAR

Public speaking is the stuff of nightmares for many people. But experts say a little anxiety can be a good thing for those addressing a crowd

BY MATT ANDAZOLA
Journal Staff Writer

Sometimes in her dreams, Bernadette Vadurro is giving a speech to hundreds of strangers, but she's in her pajamas.

Sometimes, she's sprinting between two roomfuls of listeners, giving simultaneous presentations to both, or scrambling to keep the attention of 200 people who have only 20 chairs.

Even Vadurro, who has been a Santa Fe-based professional speaker for decades, hasn't totally lost her fear of the podium, and some experts say that's a good thing: As frightful and overwhelming as it can be to stand in front of a crowd, it's possible to turn the right amount of anxiety into motivation and even comfort.

Having butterflies can be great for a speaker, Vadurro says, but "you wanna get those butterflies united and moving in the same direction."

Of course, herding those butterflies is a problem for a lot of people. According to a 2001 report from the Gallup Poll, the only thing Americans fear more than



VADURRO:
Butterflies
are normal