

isn't opposed to the idea. He said both experiences can kickstart the body's natural healing processes.

"All of us have had trauma in our lives. By stimulating the things the body already does to heal, we open up a new space for patients to pause and reflect and digest those experiences in new

ways," Bueckner said.

Monarch Health and Wellness is accepting new patients, call 503-393-1499. Prior to pursuing acupuncture, Bueckner worked as an insurance agent and adjuster and is well-versed in helping patients navigate coverage when it applies to acupuncture treatment.



A Lego reproduction of Dubai's skyline is one of many in the Monarch Wellness office on River Road. Owner Travis Bueckner uses the skylines to remind patients with PTSD that the outside world can be a place of wonder. Photo by ERIC A. HOWALD of Keizertimes

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The members then offer critique in helpful and encouraging ways.

"I think everybody understood that the goal was to improve everybody's work, not to prove that you knew more than somebody else," Millar said.

Jenifer Kay Hood, one of the group members, felt that the style of the club was much more helpful than others she had taken part in.

Hood had a finished draft of her play before joining the club and was looking for someone to stage it. The groups she joined before normally ended up competitive and toxic, she said. She noticed the difference immediately with Millar's club. Writers could expect honest critique and understood that the other members were there to help.

"I was delighted to find that this group was really well-led and very constructive. I learned a lot," Hood said.

Hood felt that Millar was learning at the same level as the rest of the members and that most of the other writers had the same levels of experience, which made it easy to connect.

"If a little baby doesn't fall a few times when they learn how to walk, something's wrong because it's the nature of humanity

to fail at things and have to try and try again," Hood said.

The showcase production later this month includes excerpts from all the writers' works that vary in length. The plays will be performed by members of the community and some of the playwrights themselves.

Millar originally planned for the showcase to be last year but postponed it due to the pandemic. In the end however, the unplanned delay resulted in some changes Millar leaned into.

"The original concept for the showcase was to have each play presented and then have a discussion with the playwright. This time I wanted something more peppy, more fast paced," Millar said.

More time also allowed the group to plan for sound effects, costuming and more movement on stage.

Hood is hoping for a large audience, but not for selfish reasons.

"It encourages and supports local theater and a small theater company like Keizer Homegrown. They deserve and need your support," Hood said.

For more information on the showcase, visit www.keizerhomegrowntheatre.org/shows-and-events.html. For more information about the 45th Parallel Playwrights, contact Millar at lynn@elmillar.com.



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