

Why Write?

In the 1980's a professor of liberal arts in Texas named James W. Pennebaker, studied the act of expressive writing and its affects on state of mind and influence on physical health. He developed a controlled study by instructing volunteers to write about a "past trauma" expressing thoughts and feelings for 15 continuous minutes four consecutive days, and compared results with a group who was instructed to write about something in a factual and neutral way on the same timescale.

It may seem obvious the participants in the first group found the exercise to be valuable and meaningful. Surprisingly, following the experiments, the members of the first group reported making fewer visits to their physician or health care center. Some studies claim measuring lymphocyte responses shows expressive writings can actually boost the immune system.

Want to give it a try? Here are the instructions found in the report written by Pennebaker and Cindy K. Chung of the University of Texas at Austin:

"For the next 4 days, I would like you to write your very deepest thoughts and feelings about the most traumatic experience of your entire life or an extremely important emotional issue that has affected you and your life. In your writing, I'd like you to really let go and explore your deepest emotions and thoughts. You might tie your topic to your relationships with others, including parents, lovers, friends or relatives; to your past, your present or your future; or to who you have been, who you would like to be, or who you are now. You may write about the same general issues or experiences on all days of writing or about different topics each day. All of your writing will be completely confidential. Don't worry about spelling, grammar or sentence structure. The only rule is that once you begin writing, you continue until the time is up."

Featured Artist

Dave Benes has been a participating and facilitating artist for Artists on the Edge for over ten years. His drawings of landscapes feature patterns found in dilapidated structures, rocks or intricately drawn trees often dominated by dark black shadows or night skies. A black impressively achieved with a mere BIC pen, his tool of choice. Benes's drawings are influenced by his love of comics and often feature figures with super-heroic musculature and mythological strength along side a well-implied fragility. His drawings adorn the covers of many Writer's Wordshps publications that also contain many of the poems he has written in the group. Pictured on the right is a drawing of a Viking done with pen on paper. Benes's work will be on display in the wood room at Indigo Bridge Book Store in The Creamery Building 701 P Street, Suite 102.



Spring is Here

Spring is here
It is time for cheer
Warm weather is near
Cold weather need not be feared

There are birds in trees
Their nests can be seen
The leaves will be green
When they are ready to be seen

The birds will sing
Because it is spring
They will be happy
About all sorts of things

The squirrels will build nests
And will want to avoid pests
The young will grow in the nests
Until they are old enough
To build their own nests

Much will be done
During the spring
We should be happy
About a lot of things

By:

Paul Mehling

Paul spent the first 17 years of his life as a Nebraska farm boy in Cuming County until his family moved to Pender, Nebraska. After he graduated from high school, he admits to trying to do a number of things with varying degrees of success. He has been a part of the Writer's Wordshop group since its inception. Paul enjoys going to the library and attending poetry readings, as well as participating in them. The simplicity of his poems shows his appreciation for his Nebraska past, pets, moonlight and nature. Paul's gift is his ability to write wonderful children's poetry.



1225 F Street
(402) 475-
8717

Open Studios:
Writer's Wordshop,
1st and 3rd Wednesdays of
each month, 5-7p.m.

Artists on the Edge,
2nd and 4th Wednesday of
each month, 5-7p.m.

Artists on the Edge
artwork is on display at
Indigo Bridge Bookstore
701 P St #102, Lincoln,
NE 68508

Guest Poets Amy Keller
and Jeff Martinson will be
attending Writer's
Wordshop Wednesday,
April 16th at 5:00p.m.

Writer's Wordshop



Creative expression through poetry. Free and open to the Community.

We are a group of writers with no formal training, equipped with only our passion to create, and share our work with our community. We have multiple readings and "Wordshops" throughout the year and invite everyone who writes, wants to write or wants to watch creativity take place to participate. Transportation can be arranged for those in need.



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AND



1225 F Street
Lincoln, NE 68508