

# SOUTHERN EXPOSURE







In our eyes, a life lived well together means that our table always has room for one more.

Throughout the years, dishes will break, and the number of chairs will change, but that will never limit the invitation.

We strive for authenticity in both design and function, knowing that furniture should never be fixed and should always be flexible enough to welcome an impromptu dance party.

Inspired by spring air, charming street lamps, and a rusted boat propeller, we have discovered the foundation of our creative design and constantly work to show how new is always improved when it dances with the old.

It's the everyday mundane sights that remind us that life is precious and that at the cornerstone of who we are, we believe loving others always comes first.

As designers it's our job to build spaces that serve the people in them, and to create environments where life flourishes.







# WHAT TO EXPECT

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## LETTER FROM THE EDITORS

If you live in the Pacific Northwest, you know there will be gray, dreary days this time of year. Those days can sometimes turn into weeks and even stretch into months. It's hard not to look outside and simply give up on trying to get out of pajamas or tackle the dishes from last night's dinner. There's a point in every Oregonian's life where they have succumbed to the feeling of gray. It's taken several long winters and a series of small attitude adjustments to finally appreciate and embrace the gray.

Nature has a way of revealing its beauty and sharing its secrets if we choose to engage and observe. Although it seems counterintuitive, get outside when the weather suggests otherwise. Notice how green the trees are against the backdrop of the gray mist. Look closely, and you'll see not one shade of green but a multitude of hues, each needle unique and nearly indistinguishable from the next, all showing off against the stormy skies. Suddenly, you're aware of how delicately the low clouds weave themselves through the branches. These tall giants stand with strength and resolve, perfectly designed to thrive in the chilly, wet Oregon winter. The well-worn paths, so familiar on sunny days, look different, smell different, and feel different. Sounds hushed by the dampened earth bring a sense of peacefulness where we marvel at the newly found glory in the gray.

The color gray can also represent a state of equilibrium. On a continuum of black and white, we live most of our life somewhere in the middle. The gray. It's the space comprised of dinners with friends and nights curled up next to loved ones watching good movies. The gray is also filled with days when you miss a connecting flight, or you're missing a dear friend. Life delivers moments of deep darkness and bright light; there are times we laugh so hard we cry and times our tears are heavy with the weight of humanity. While these might be the moments that make us feel most alive, it is the gray that provides contrast and form.

In this issue, we are talking about boldness. We are learning how to lift ourselves up and recognize the beauty and freedom of living within a full continuum of light. The truth is, these black and white moments may be few and far between, so learning to find the glory in the everyday hustle, the glory in mist on the trees, and in the glory of gray can help bring joy to this season. Try getting comfortable with gray, knowing it gives us the contrast that helps define, clarify, and make sense of the black and white. It provides all the gradients in between the extremes that we can step into boldly.





## CHRISTIN KENNY

The winter months are difficult, they always have been for me. If I am being honest, January is my least favorite month. Every year we receive the same predictable gray rainy weather, and after a while, it becomes really draining. The rain forces us inside while the pandemic forces us to be alone. It's often embarrassing to admit feeling tired at the end of a day when you accomplished absolutely nothing, slept in a little too late, and didn't change into anything new besides a clean pair of sweatpants. I recently decided it was my routine that was killing my joy, and the new year seemed like the perfect excuse to reset.

I've never enjoyed making new year's resolutions, actually I've hated it. I hate the idea of putting pen to paper in the form of a to-do list knowing how out of reach most of the list is. Most days I simply want to accomplish getting out of bed before 8am, or brushing my teeth twice a day. But the reality is my list usually goes a little like this: lose 20 pounds, workout every day, don't eat sugar, make x amount of money. Unfortunately these "resolutions" do nothing except send me spiraling into deep thought about the person I am not.

This year was the first year I have ever verbally told others about my goals for the year. Instead of a desire to become a different person in the new year, I've decided to write things down that will allow me a healthier way of living, not a healthier way of looking. My goals are not outright quantitative, and can only be measured by me. This year will be the start of putting myself first.

This year I want to reclaim what routine means to me. Routine in itself is not bad, which is why I have chosen to only keep things that truly make me happy. Some personal goals of mine are to say "no" to more things, while saying yes to myself more often. I would like to read more books, not to feel smart, but because I genuinely love learning new things. Workout more, not because I desire a smaller number on the scale, but because I know how good I feel after getting my blood moving. I want to do more facials and hair treatments and care less about how others see me and care more about how I see me. I chose to finally write these out not to ensure others to keep me accountable, but to remember to keep myself accountable.

## RACHAEL BINEHAM

This past year has provided no shortage of experiences that merit reflection. While mentally sifting through some of the more impactful events, it became evident that we've all been touched by the events of 2020 and they will, in ways both big and small, shape us - our opinions, our beliefs, our actions, our thoughts, and our hearts. And that made me start to question how I had been influenced in thought and opinion to this point. Which people, places, experiences, classes, art, music, and foods, have played a role in bringing me to today? It's a really interesting question to explore: Who and what has authored your belief system? In other words, "How do you know what you know?" And, "How did you learn it?"

It has become this running joke among us that the last piece of the magazine to get completed is always my personal statement. For whatever reason, this piece keeps me up at night, and I cope by putting it off till the last minute. I find writing this part difficult because it's the only piece of copy that doesn't have a theme, topic, or structure; it's purely me, my thoughts, ideas, and the wanderings of my mind.

This past year has pushed me to do just that, over and over again. Evaluate my experience, find the words, and articulate them clearly. And just like this writing, it wasn't a task that always came easy. Some days words didn't come, my experiences felt like a betrayal and I was left to grasp at anything that seemed remotely close to clarity. Still, I was called to wrestle with "it". And "it" became a series of interchangeable scary nouns like "wildfires" "the election" and "racism". As much as I tried to avoid "it", around every corner and flip of the calendar page I was being encouraged to participate.

Many times fear paralyzed me from getting it wrong or not saying the right thing, but on the other side, I knew boldness was calling and I had to choose whether or not I wanted to engage.

This year I am finding the courage to welcome boldness in order to make "it" and be able to have opinions of my own and find the words to articulate them clearly so that my future experiences can be ones of action, honesty, and hopefulness. I want to give myself the grace to be wrong, educate myself to get it right the next time, stand up for people, have the hard conversations but the right conversations, stand my ground, lift others up, revel in joy and revel in justice.

I encourage you to take inventory of your own experiences and the sources that make up the fragments of your opinions. I have found that when you have the confidence in your beliefs and the resilience to let them evolve, you become more comfortable sharing them. This is in hope that one day you're not the last one to the table, to the movement, or in this case to submit a piece of copy to your own magazine.







# MEGAN EDELBLUTE

Seashells are not as fragile as we think. When I was younger, I spent hours probing the wind-rippled sand for the perfect seashell only to be disappointed to find it broken after fully unearthing it from its resting place in the sand. I was fiercely determined to find that one flawless sand dollar.

Last month I hopped in my car with no agenda, just the feeling that I needed a drive. After landing in Florence, I found myself walking along the beach and was ambushed by a sneaker wave. After laughing at myself for audibly yelping in surprise, something caught my attention so I bent down to pick it up. Of course, when the seashell came up broken, my 7-year-old self told me to put it back down. Instead, I paused, ran my finger along what I thought was a sharp broken edge, and was surprised to find it wasn't sharp at all. As I continued walking with my now wet jean cuffs, I wondered how long it must have been tumbling through the waves until I came across it.

I then realized shells aren't so fragile. They are actually really strong. The shell I was twisting through my hand taught me that even after a big piece of it had been chipped away, over time its sharp edge was softened again. I had no idea what the strength of a little seashell could teach me at the end of such a hard year.

We are so much stronger when we take the time to grow in challenges. When we take the time to mend our wounds. When we are intentionally discovering new ways to sculpt our own story, be molded by it and other's stories. This is where strength meets boldness.

I was so inspired by this shiny object in the sand that I couldn't resist picking up every other shell I found on the beach that day. And by the end of my stroll, I had a sandy sweater filled with a sculpted-by-the-ocean horde of seashells.

Now when I see all of those shells on my nightstand in my room, I am reminded to be as bold as they were when they withstood each inevitable collision, until one day someone, (that someone being a girl who just got in her car and started driving west) realized their time-given, character-building strength.





HAPPY NEW YEAR! MY MOTO THIS YEAR IS: NEW YEAR,

NEW                     . I'M FEELING PRETTY                      ABOUT 2020,

AND                      TO MAKE 2021 A                      YEAR.

SOME OF MY RESOLUTIONS INCLUDE EATING MORE                     ,

HELPING AROUND THE                     , AND CUTTING OUT ALL                     

                    . I WOULD LIKE TO BRUSH MY                                           TIMES A DAY, JUST LIKE MY MOTHER TAUGHT ME. WITH THE STATE OF

                    , I PROMISE TO STAY                      AND LIVE                     

IN THE NEW YEAR. THIS YEAR WILL BE A TRULY                      YEAR, AND

HOPEFULLY I WILL BE AN ALL NEW                      PERSON.

SHARE WITH US YOUR COMPLETED  
MADLIBS, WE WOULD LOVE TO HEAR  
YOUR STORIES!  
@Southernexposure

@ Southern exposure

NAME THREE PROUDEST MOMENTS OF 2020.

(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

NAME THREE AREAS WHERE YOU DIDN'T MEET YOUR OWN EXPECTATIONS IN 2020.

NAME THREE THINGS THAT FEEL UNRESOLVED FROM 2020.

NAME THREE WAYS YOU SURPRISED YOURSELF IN 2020.

NAME ONE THING YOU DID OUTSIDE OF YOUR COMFORT ZONE.

NAME ONE THING YOU WISH YOU HAD DONE OUTSIDE OF YOUR COMFORT ZONE.

HOW COULD YOU HAVE LOVED OTHERS BETTER?

HOW COULD YOU HAVE LOVED YOURSELF BETTER?

WHO UNEXPECTEDLY BECAME A SHOULDER TO LEAN ON?

IS THERE SOMEONE YOU NEED TO SAY SORRY TO?

A WORD YOU WOULD USE TO DESCRIBE LAST YEAR:

A WORD TO BRING INTO 2021 WITH YOU:







# SOKO COFFEE

INTERVIEW WITH KEVIN YAMAKA

## What is the story behind the name Soko?

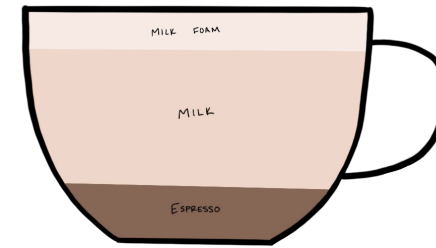
It's kind of a long story. Growing up, I was super close with my grandfather. He was the first person to talk to me about entrepreneurship and kind of planted that idea in my head. Anyways, he was really interested in our family tree, and spoke often about an ancestor of ours named Yamaga Soko who was a samurai in the 1600's. When our plans to start a business came together, I remembered Soko and thought it was the perfect way to honor not only my heritage, but my grandfather as well.

## How did you get into coffee and why?

It really happened by chance. Right after I graduated from college, I got an unpaid job as a high school football coach. I obviously needed to make money somehow, so I got a job at a taproom that happened to serve coffee too. Something about the craft of making coffee really sparked my interest and started me on this path.

## What are your 2021 goals with the new shop?

Moving into 2021, our fundamental goals remain the same - create great experiences for our customers, serve great coffee and have fun while doing it. This year we are excited to be opening a brick-and-mortar coffee shop. This gives us a permanent location in our neighborhood and allows us to expand our offerings and hours. We are hoping to open this spring and in the meantime we will be launching a Kickstarter campaign to help complete the buildout.



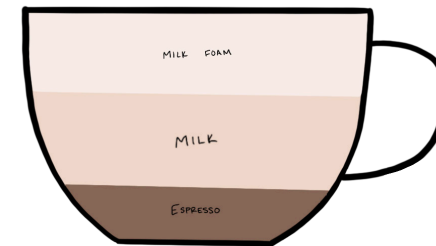
### latte

A beautifully crafted espresso based drink topped with frothed milk and a small layer of foam, usually poured to create a heart or some other type of art.



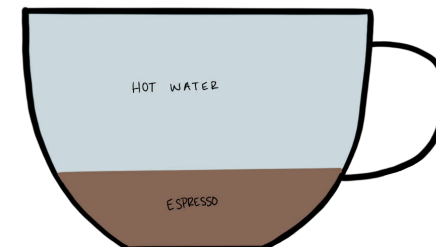
### brewed coffee

This can be prepared a multitude of ways. As simple as a cup of brewed coffee sounds, it is essential that your beans are freshly ground and not too coarse or too delicate.



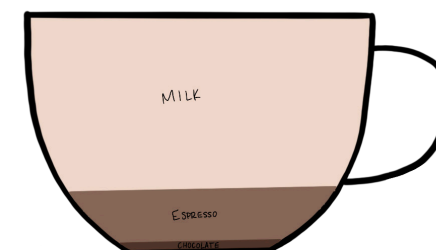
### cappuccino

The perfect espresso drink for someone that likes a little less liquid. Very similar to a latte, this drink is topped with less frothed milk and more foam.



### americano

A drink for a real coffee conioisseur. Espresso topped with steaming hot water and maybe a little cream for the faint of heart.



### mocha

A sweet chocolate sauce mixed with espresso topped with frothed milk. The perfect coffee drink for those who like a little dessert with their caffeine.





## HAZY LONDON FOG

When dreaming of all the warm beverages we love to cozy up with during the winter season, we immediately thought of a favorite of ours - a London Fog Latte. In the spirit of being bold, we decided to kick it up a notch and see what happened. While we aren't professional mixologists, we were pleased with the results and definitely enjoyed the little extra spice in our beloved Earl Grey tea. We hope you like it too!

Prep: 10 mins  
Total: 10 mins  
Serves: 1

### Ingredients:

6 oz steamed milk  
6 oz hot water  
1 Earl Grey tea bag  
1-2 tsp vanilla syrup  
Sprinkle of cinnamon  
1 shot of rum

### Exploring:

1. Heat 6 ounces of water until just simmering. Keep at a steady temperature.
2. Add an Earl Grey tea bag.
3. Let the tea bag steep for the recommended time (approximately 5 minutes).
4. Steam or heat 6 ounces of milk to then mix in.
5. Stir in vanilla syrup.
6. Add a shot of rum and mix together

+ Sprinkle with a little cinnamon and enjoy!





## THE IMPORTANCE OF LIGHTING

In the spirit and glory of gray, we thought it would be essential to highlight the importance of lighting, both natural and artificial. When designing spaces it's important to consider the natural light you already have, what type of artificial lighting you need, and how it will interact with the architecture, items within the space, and most importantly the people.

If we haven't mentioned it already, southern exposure is a term often used in design to describe the orientation of a room or space especially in regard to the amount of natural light available. The optimal arrangement, in the Northern Hemisphere, is a southern exposure as it provides the most natural and consistent light, and is particularly important during the winter months. It is also an agricultural term used to describe the best lighting for plants to grow and flourish. It's an idea we hold dear because we want to create spaces - in our homes, workplaces, and within the pages of our magazine - that encourage growth, connection, and exploration.

## 3 LAYERS OF LIGHTING

There are three main layers within the lighting design of a space: ambient, task, and accent. Each of these carry their own responsibilities in making a space feel warm and inviting.

### AMBIENT LIGHTING

This is the most important layer of lighting in your home. It is also referred to as general lighting. Ambient light can be seen as the base layer within a space. It is both the natural light carried in through the windows, as well as the artificial light used to illuminate an overall space. Think about the first switch you flick on when you enter a room. That is most likely your ambient light, such as a chandelier or the recessed cans in the ceiling. Ambient lighting determines the general ambiance within a space. The level of light dictates the tone, whether it is bright, cozy, or maybe a little darker mood lighting.

As important as ambient lighting is within a space, it is not the only lighting type you should consider. Depending on the main function of and activities conducted within a given area, the ambient lighting may need to be supplemented and enhanced with task and accent lighting. Fortunately, there is a wide range of options for nearly every budget and decorating style.

### TASK LIGHTING

This is fairly straightforward—the lighting needed to perform a specific task. This may include cooking, writing, reading, painting, etc. Task lighting is very important for reducing strain on the eyes while working. The ambient light may illuminate a space well enough for you to work, but task lighting helps brighten a specific work surface and is more comfortable for extended periods of time. Additionally, well-designed task lighting, particularly in commercial settings, promotes safety.

Another consideration with task lighting is the level of glare produced on the work surface. This can be damaging to your eyes over an extended period of time. Dimmer switches are a great solution and allow for individual control and customization of work areas.

When making decisions about lighting, answering some simple questions before you hit the stores can save you time and money. What tasks will be done in the space? What areas will have furniture or built-in cabinetry? Where are the electrical sources, i.e. ceiling, wall plugs, floor plugs, etc.? Do you need to be able to adjust the fixture or will it be hardwired and stationary? Would dimmers be beneficial for this specific area?

### ACCENT LIGHTING

Though it is most commonly used to define the atmosphere and set the mood within a space, accent lighting is also used to focus attention on important architectural elements. Accent lighting might highlight a unique soffit in the ceiling, cast interesting shadows through a screen, or even draw attention to important objects like artwork, specialty furniture pieces, or a treasured family heirloom.

Dimmers often accompany accent lighting; they allow for easy changes in intensity and tone within a space based on the time of day or desired vibe for the occasion.

When planning for accent lighting, consider these questions: How do you want each room to feel? Is there a part of your home's architectural character you want to put on display? Do you have any artwork or family pieces you'd like to showcase? If you think of your home as a well put together outfit, then the various levels of lighting are the jewelry and accessories that make it pop.



TYPES OF FIXTURES

- + Chandelier
- + Track Lighting
- + Recessed Lighting
- + Semi-Flush Mount
- + Flush Mount
- + Pendant
- + Wall Sconce
- + Vanity Light
- + Table Lamps
- + Floor Lamps
- + Under Cabinet
- + Lighting Strips

CHARACTERISTICS OF A LAMP

Lamp type: incandescent, fluorescent, LED, halogen, etc.

+ Fun fact: the proper term for a light bulb is actually “lamp”, it’s not just the pretty fixture we twist it into.

Watt (W): the systematic international unit of power, equal to one joule per second, describing the level of electrical power

Lumens: the systematic international unit of luminous flux, equal to the amount of light released per second per square foot

Recommended:

- + Living room: 10-20 per SF
- + Bedroom: 10-20 per SF
- + Bathroom: 70-80 per SF
- + Kitchen: 60-70 per SF
- + Hallway: 10-20 per SF

CRI: color rendering index; a qualitative measure to test how well a light source “renders” or expresses color true to their actual color seen by natural light

You can find this value on the back of the box of most lamps (light bulbs). Think about what spaces in your home it would be important to see the most accurate color representation. Maybe in your bathroom or bedroom while deciding what to wear for the day, rather than in the hallway where traffic flow and safety are paramount.

CCT: correlated color temperature; a qualitative measure expressed in kelvins (K) used to register the amount of yellow “warm” or blue “cool” output of a light source

You can find this value on the back of the box of most lamps (light bulbs). This is mainly based on personal preference within your home. Some people like a brighter “cooler” light in their space; others prefer a softer, more natural “warmer” tone of light. Think about how the space is used. Maybe it isn’t the best idea to put a cool lamp in a dining room where you want to sit and enjoy a glass of wine with friends for hours into the evening.

With advances in LED technology, some lamps allow for adjustments to the CCT depending on the time of day - so in the morning the lights are brighter and bluer to help you get an energetic start to your morning. Later at night, you can select a more yellow tone to let your eyes adjust before bed, similar to a night setting on a cell phone.

Note about LEDs: LED lights are a person’s best friend. Today, there are LEDs designed to look like Edison bulbs, incandescent bulbs, and even changing neon lights. They are among the most popular options because they produce more lumens with less wattage. The higher efficiency makes LEDs cost-effective and environmentally friendly.



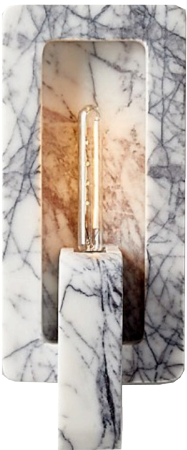
2)



2)



4)



9)



5)



1)



3)



5)



2)

TYPES OF FIXTURES

- 1) Schoolhouse Electric
- 2) Pottery Barn
- 3) Lulu and Georgia
- 4) Restoration Hardware
- 5) Rejuvenation
- 6) Cedar and Moss
- 7) Signature Hardware
- 8) West Elm
- 9) CB2







# TO WALK A DAY IN OUR BOOTS

The three of us grew up in environments that tested the limits of reliable footwear. “Waterproof” was never quite dry enough to handle the Oregon rain and a “sub-zero” rating did not guarantee protection from the biting cold of Michigan winters. Our desire for footwear that is multifunctional has taken us on a journey where we explored several brands, styles, and capabilities. We each gravitated toward an option that is high quality, affordable, and sturdy enough to meet our individual demands. After all, we don’t think it’s too much to ask that one shoe keep our feet warm while snowshoeing at Tumalo Falls, help us stay dry while standing in puddles at football games, and be stylish at the same time. We hope our recommendations help you find the right winter footwear so nothing stops you from blazing your own trail this year. Please note, we have no affiliations, sponsorships, or paid endorsements from any of these companies.



If you live in the Pacific Northwest you’re familiar with the brand CHACO. The classic sandals designed for outdoor activities are a summer staple. But, did you know they also make boots? I didn’t until I discovered a pair just a few years ago. The soles of the boots are actually constructed just like the sandals, which are my dearest companions throughout the summer. The boots are my favorite go-to footwear during the winter and have been very trustworthy getting me to and from campus (warm and dry) through the rainy winters. You could say I wear Chacos all year round I guess. The leather is waterproofed, insulated and holds up really well. They are starting to show their age a little more each season, but I kinda like the added character of the well worn leather.

Meg



Sorel boots are the perfect combination for a girl who loves to stay warm while also keeping fashion a high priority. I discovered my first pair of Sorel boots that weren’t simple snow boots a few years back. My Sorel wedges quickly became a favorite through the wet and dry seasons. They provide traction for a walk in the snow, the comfort of a tennis shoe you could wear all day, and style for a woman with things to do and places to be. These boots provide warmth in the winter and make me stand taller than my typical 5 foot 4 height without the discomfort of a stylish stiletto. If I had to get rid of every pair of shoes in my closet except one, without hesitation my Sorel wedges would be the pair I would cling to.

Chris



BOGS originally came onto the footwear scene marketing themselves as a ranch style work boot. If you visit their website you can still find the original boot in production. BOGS has kept its designs on the simpler side in order to maintain the integrity of the waterproof technology that made them an overnight success. This company started right here in Eugene and expanded its brand and market to include a broader range of styles. I have owned the tall style and found that if I’m not wearing the perfect pair of socks my heel rubs at the back of the boot, maybe due to having larger than average calves. But, my favorite BOGS are my ankle-high booties. These are a great option as a quick slip-on and keep my feet protected whatever the day offers. My toes are always dry and warm, and the slight heel makes them feel more fitted and stylish. With loads of options you’re certain to find a pair to fit your own needs. With a one year guarantee, there’s nothing to lose with this brand.

RACH



Maybe if love  
is not a  
little scary +  
out of our control,  
then its not love  
at all.

Glennan Doyle  
p. 316 of "Untamed"



# PASTA STEPS

Gather your ingredients. It doesn't take much to make really good pasta dough. Once you have made your own, you will never go back to the store bought again.

**You will need:**

- 1 egg
- 1 tbsp olive oil
- A pinch of salt
- ½ cup white flour
- ½ cup semolina flour



**Step 1:**  
Combine the two types of flour into a mound on a flat surface. Use the back of a spoon to create a well in the center.

**Step 2:**  
Crack your egg into the well. Add olive oil, and salt. Whisk those ingredients together while still maintaining the structure of the flour perimeter.

**Step 3:**  
Slowly pull in the flour from the perimeter until you have a ball of dough that is no longer sticky to the touch. Add additional flour in 1 teaspoon increments as needed.

**Step 4:**  
Cover the ball of dough with plastic wrap and let it rest in the fridge for 20 mins. Once rested and cooled, roll the dough out on a floured surface until the dough is thin enough to see light through.

**Step 5:**  
Use a sharp knife or pasta cutter to create the strips of pasta to your preferred thickness. We recommend cutting them into ¼ inch strips. Set aside and let dry for 30 mins.

**Step 6:**  
Cook your pasta in boiling water until it floats to the surface. Note: this normally takes 2-3 minute, so don't walk away.



# CRAB & CREAM CHEESE RAVIOLIS

Inspired by the Oregon Coast and our love for pasta (and Rach and her husband’s Italian pasta making class during their honeymoon), we thought it would be a great idea to try our hand at this combination. To be honest, we tried this recipe last fall ... epic fail. Problem: too much crab and not enough cheese. We had better success round two by adjusting our ratios and ingredients. The result was unanimous approval among our friends. So with a little failure, and a lot of “back to the cutting board” we are humbled and excited to share this final version with you. Yes, it is delicious, but it was the failure and the try again that gave it that “something else”. It was fun to taste test, squeeze a little extra lemon in, and figure out why it wasn’t right the first time. Who knew a pasta recipe could teach us the beauty of perseverance.

Prep: 30 mins  
Total: 45 mins  
Serves: 6

Ingredients:

Ravioli Dough:	Ravioli Filling:	Butter Garlic Wine Sauce:
1 egg	6 oz crab meat (claw)	3 tbsp butter
1 tbsp olive oil	8 oz cream cheese	2 cloves garlic
A pinch of salt	8 oz ricotta cheese	2 tbsp minced shallots
½ cup white flour	1 tbsp lemon juice	¼ tsp salt
½ cup semolina flour	1 tsp garlic powder	¼ cup white wine
	Salt and pepper to taste	1 lemon (juiced)

Exploring:

1. Ravioli dough can be made ahead of time by following steps 1-4 from the our pasta process page.
2. Combine all filling ingredients into a medium bowl. Mix well.
3. Pull out your rested dough and roll the dough on a floured surface until the dough is thin enough to see light through. With a sharp knife cut the dough into 2x2 inch squares.
4. To assemble the raviolis, place one teaspoon of mixture in the center of half of the pasta squares.
5. Using the other half of the squares, cover the mixture on each and press edges with a fork to completely seal.
6. Gently drop the raviolis into the boiling water and cook for 2-5 minutes.
7. While your raviolis are cooking, assemble your ingredients for the sauce.
8. In a medium saucepan melt the butter. Roast the garlic and shallots in the butter until fragrant.
9. Add white wine, lemon juice, and salt.
10. Plate raviolis and coated with a generous amount of the delicious sauce.

+ Garnish with chives, enjoy!







# THE LEGACY OF HOPE AND LOVE

BY JENNIFER (BROADOUS) SCURLOCK

The word “legacy” is defined as a gift “handed down from one generation to another” (vocabulary.com). This gift may result in great material wealth—in the form of a large financial payment, inheriting property, or receiving a special keepsake. Although these types of gifts can be a tremendous blessing, there is something powerful about a legacy that transcends material wealth or gain, for material wealth is temporal. But the legacy of love has the ability to heal a broken heart and create a lasting bridge over troubled waters.

I will never forget the day when Rosa Parks came to our small church on Sam R. Street in West Eugene. As she walked down the aisle of the crowded sanctuary, I remember her long, silver hair, in a beautiful braid that flowed past her shoulders and down her back. Her skin was light brown, and she had a beautiful smile. I remember her gentle voice and sweet spirit. And as I listened to her words, my mind was full of questions—such deep questions for a little brown girl who did not understand the power of hate. I wondered how she was able to fight against racial oppression without despising the people who treated her unjustly. I wondered how people who believed in God could treat his creation with such disdain, such malice, such indignity. But as I grew older and wiser, I began to understand the power of the gift her presence gave me in my elementary years.

The legacy of love is more than money or fame, for the legacy of love comes from a deeper place—a secret place—that carries peace in the midst of a storm, joy in the midst of sorrow, and hope in the midst of hardship. Rosa Parks could have used physical aggression and words of malice in her fight for civil rights, but she understood the importance of her legacy, which is a gift not just for the present, but also for the future.

And as I look back on the precious moments of my life, and I think about the winter seasons of life that seem so dark and hopeless, I remember days like the day when Rosa Parks came to town and shared her legacy—her gift of love—to a little brown girl, with big brown eyes, who would one day share the impact of her gift—a gift of hope, love, strength, patience, and dignity—with others.

So today, as we reflect upon our lives and the legacy we want to leave behind, remember to always love one another, as God has loved us. Treat your neighbor with dignity and respect, even when it is challenging, and never lose sight of the legacy—the gift— that transcends money or fame. And when I take my final breath, my prayer is that my legacy will inspire future generations to never lose sight of love.

PHOTO BY: STEVE SMITH PHOTOGRAPHY







# EDEN AND EARTH

## Why did you decide to start this company?

Eden & Earth was born out of a passion for quality products and leaving a minimal footprint on the earth. As consumers who try to personally reduce our impact on the planet, we've realized just how difficult it can be to feel absolutely confident that your purchase is supporting a sustainable company. We wanted to make it easier for the ethically minded consumer to feel comfortable in their purchase (knowing that their purchase is positively impacting the planet), while not compromising in the slightest on quality.

## What is your heart behind the sustainability aspect of your company?

We strive for sustainability through each step of the production cycle. This means that all of our ingredients are sourced locally and/or ethically, and that all other materials are 100% recycled and recyclable. When we say we want to leave the smallest footprint as possible on the planet, we don't just say that for branding—we truly hold it as our primary core value. Not a single thing goes to waste at Eden & Earth, and we could not be more proud of that!

## What is your favorite product?

My favorite product is probably our dish soap bar! I've tried other dish soap bars, but have always felt that they either don't smell good, or don't effectively cut away grease. We're proud to say that we've curated a formula that does both!

## What are your 2021 business goals?

Our goal is to increase our market base outside of Lane County, as well as more effectively reach the Eugene demographic by breaking into retail fronts and craft fairs.



“SUNSHINE”  
SHAMPOO BAR

Price: \$10.00

### Ingredients:

Saponified vegetable oils (soybean, olive, coconut and avocado); essential and/or fragrance oils; mineral-based pigments.

“Our Sunshine Shampoo Bar is handmade with all natural ingredients. Not only do our shampoo bars provide a luxurious clean, they also leave your hair feeling moisturized and rejuvenated. This artisan bar is guaranteed to leave you feeling like your cleanest and healthiest self! Our Sunshine scent blends together the aromas of sweet-grass and cassis to create a scent experience that brings warmth and light every time it's used.”



“WINTER”  
BODY BAR

Price: \$7.00

### Ingredients:

Saponified vegetable oils (soybean, olive, and coconut); fragrance oils; mineral-based pigments.

“Our Winter Soap Bar is handmade with all natural ingredients. Not only do our soap bars provide a luxurious clean, they also leave the skin feeling moisturized and rejuvenated. This artisan bar is guaranteed to leave you feeling like your cleanest and healthiest self! Our Winter scent blend infuses the scents of pine, bayberry and warm undertones to transport you to a winter wonderland.”





# MENTAL HEALTH TIPS

BY MCKENZIE BROEKSTRA

Taking control of your mental health is bold. With 2020 finally at its close and 2021 well on its way, you may find yourself setting goals and resolutions, with high hopes for what the new year will bring. This year I hope you are intentional in the value you place on your mental health and prioritizing yourself. Acknowledging that we're only human, we find ourselves losing track of our goals, or sometimes scrapping them all together, I want to challenge you to shift them entirely. After the turmoil, grief, and inconsistency that came with the world-wide pandemic, it is dire for us to surge forward in creating, imagining, and valuing the lives we want to lead.

More than ever, generations of individuals are experiencing the intersectionality of the mental health crisis. People who have never dealt with mental health illnesses are finding themselves at a loss of how to care for themselves and their loved ones in the midst of suffrage. It is important to note that the lack of access to adequate treatment and support can cause continued feelings of isolation, especially in rural areas. BIPOC (black indigenous people of color) differ in their access to appropriate and affordable mental health treatment, experiencing discrimination, racism, and historical trauma of mental health negligence. The pandemic has brought together individuals from all around in a commonality that it is okay to not be okay, but there is something you can do to help.

Many individuals deal with their own form of mental health; stress, anxiety, residual trauma, etc. We all have a form of dysregulation, some more than others. No level of mental illness makes any person less deserving of adequate care.

In my beginning years of school as a social worker, I learned that suppression is conscious, while repression is unconscious. This means that our minds forcibly try to avoid or subdue our goals, our fears, and our intentions, and that we repress the things around us without knowledge. With all the adversities this year has brought us, I hope to encourage you to lean into the uncomfortable situations. Though they can be difficult and heavy, I challenge you to lean into uncomfortable feelings, as we are able to understand the history or reasoning for such emotions. It is here where internal growth occurs. I encourage everyone to continue their own personal journey into finding their inner desires, opening up, and being honest about their path towards personal mental wellness.

If there is one thing to leave behind in 2020, it's mental health shame. You can find your best self in therapy, in self-care, or in daily positive affirmations. Often, individuals mistake self-care for face masks and pigging out on junk food, but in reality, self-care is investing in yourself inwardly. Self-care can mean boundaries with work, financial independence, letting go of an unhealthy relationship, or pushing yourself to reach for a long-term goal. Any path you need to take to be your healthiest self, is one I promote. You are the best thing you can invest in. I implore you to be bold and to know you are not alone in doing so.

Struggling is not something you should ever have to go through alone, so if you are having a difficult time, and you don't feel you have someone to speak with, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Available 24 hours a day, it is their mission to provide service to everyone.

McKenzie Broekstra, LMSW



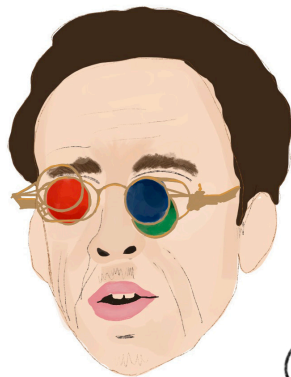


# 50 THINGS THAT BRING US JOY

1. HOMEMADE BREAD
2. SIMPLE GRATITUDE TEXTS
3. THRIFTING
4. WARM BEVERAGES
5. FISH BOWL
6. FULL CAR ON ROAD TRIPS

Have a great day and don't forget to smile!

Love you 🥰



7. YOUTUBE RABBIT HOLES
8. GOOD PAIR OF SHOES
9. NEW SIGHTS + SMELLS
10. GOING TO BEND
11. UNEXPECTED VISITS
12. BACK YARD MOVIE NIGHTS



13. NICK CAGE
14. FRIENDS HELPING FRIENDS W/ HOUSE PROJECTS
15. PICKLEBALL
16. MEETING NEW PUPS
17. HEY NEIGHBOR! PIZZA

18. HEAVY BLANKETS
19. COFFEE SHOP CHATS
20. SCOOTERING
21. HIKING
22. MAKING UP YARD GAMES
23. POWER OUTFITS
24. GIFT GIVING



25. DISHWARE
26. HOMEMADE CASSEROLE
27. DAYDREAMING BUSINESS IDEAS
28. SPRING FLOWERS
29. COOKING WITH FRIENDS
30. SCOTTS CHEAP FLIGHTS



31. GOOD 'OL DUCK GAMES
32. BORROWING EACHOTHERS CLOTHES
33. FALLING ASLEEP TO MOVIES

34. PEOPLE
35. THROWING GOING AWAY PARTIES
36. ROLLERBLADING
37. SCAVENGER HUNTS
38. SPENDING TIME WITH FRIENDS PARENTS



39. DANCING AT WEDDINGS
40. INDEPENDENTLY SINGING IN THE CAR
41. WATCHING THE BACHELOR
42. PLAYING CATAN
43. WINE



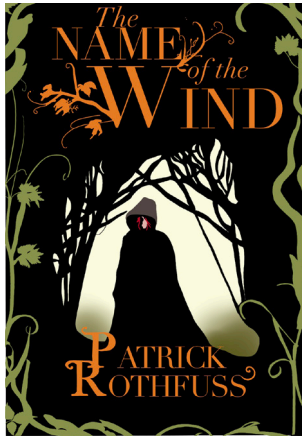
44. WATCHING THE OFFICE
45. HOT TUBS
46. GHIRARDELLI BROWNIES
47. INVITING OURSELVES OVER
48. IRON CHEF COMPETITIONS
49. BIG BEAR HUGS



# THIS YEAR'S PAGE TURNER'S:

We thought it would be fun to gather an assortment of book recommendations from people in each of our lives who we know love to get lost in a good book. We look forward to reading through them ourselves and then chatting over coffee about our favorite characters, heroic moments, thoughtful questions, and story lines that made these books too good to put down.

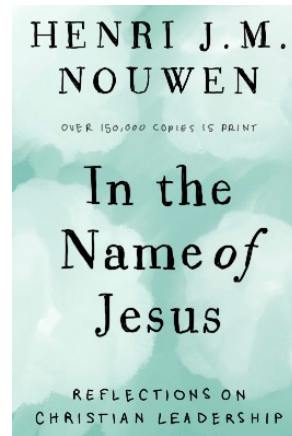
**The Name of the Wind**  
by: Patrick Rothfuss



“If you’re looking to venture into the ever more popular world of fantasy, Name of the Wind, the first book of The Kingkiller Chronicles by Patrick Rothfuss, is a great place to start. This coming of age adventure is told from the perspective of the main character, Kvothe as he recounts the adventures of his younger self learning magic at The University while working to avenge his family’s mysterious death.”

-Jeff Whitaker

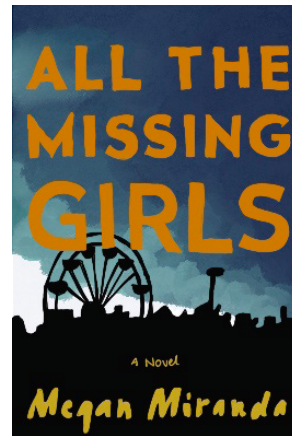
**In the Name of Jesus: Reflections on Christian Leadership**  
by: Henri Nouwen



“In the chaos and relational tension of 2020, this quote by Henri Nouwen has captivated my attention. ‘But when we are securely rooted in personal intimacy with the source of life, it will be possible to remain flexible without being relativistic, convinced without being rigid, willing to confront others without being offensive, gentle and forgiving without being soft, and true witnesses without being manipulative.’ “

-David Thatan

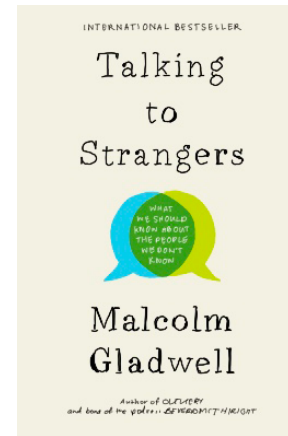
**All the Missing Girls**  
by: Megan Miranda



“It’s a murder mystery with a little bit of romance.”

- Maddy VonFlue

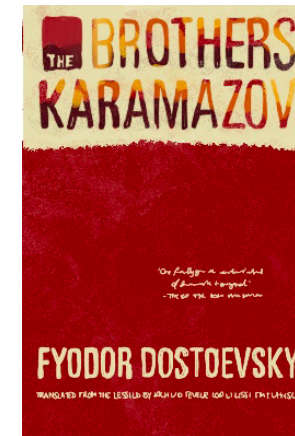
**Talking to Strangers**  
by: Malcolm Gladwell



“Full of anecdotal stories, based on social science, that offer observations on how we engage with strangers. It re-thinks and moves into a strength based perspective on those we do not know YET as we interact with those outside of our bubble in a politically and socially divided world.”

-Levi Smucker

**The Brothers Karamazov**  
by: Fyodor Dostoyevsky



“The Brothers Karamazov presents a brutally honest depiction of humanity, but it does so with such compassion that I feel like I’m reminded how to love each time I read it. As the reader, I felt invited to embrace the doubts and emotions I was afraid to admit I had, and come out stronger and more humble on the other side.”

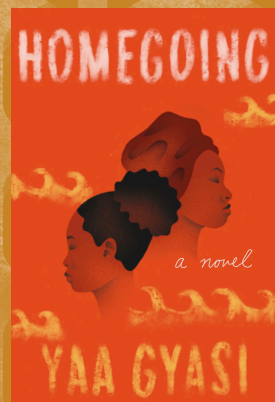
- Luke Coury

**The Boy, the Mole, the Fox and the Horse**  
by: Charlie Mackesy



“For all children between the ages of 0-100, this book speaks the simple truths that all of our hearts need to remember.”

-Holly Ford



**Homecoming by: Yama Gyasi**

“This is a couldn’t-put-it-down, captured-me-from-start-to-finish, deep look into generational repercussions and relationships. It draws you into history, family, love, loss, regret, fear, and the hope of every character. I have recommended this book to everyone I’ve had a conversation with since finishing it.”

-Meredith Donnelly

**THE SOURCE OF  
SELF-REGARD**

Selected Essays,  
Speeches, and  
Meditations

**TONI  
MORRISON**

Winner of the Nobel Prize in Literature

**The Source of Self-Regard by: Toni Morrison**

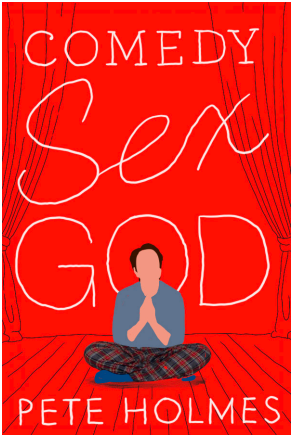
“No amount or combination of words will ever sufficiently convey the genius and eloquence found in Toni Morrison’s work. Thankfully, we have The Source of Self-Regard as Morrison’s collection of personal essays, speeches, and meditations. Where words fail and action is required, this is all we need.“

-Ryan Marshall



# MORE PAGE TURNERS...

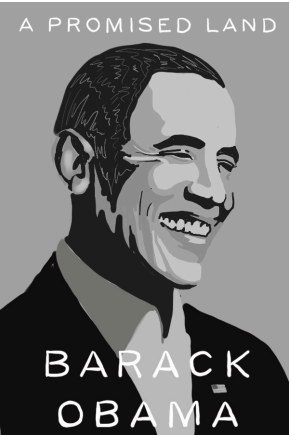
**Comedy Sex God**  
by: Pete Holmes



“Hilarious raw journey of man’s faith journey. Delightfully witty and thought provoking.”

-Luke Hellwege

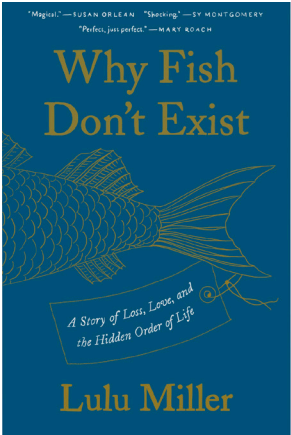
**A Promised Land**  
by: Barack Obama



“A humble and passionate reflection of the events before, during, and after his presidency. His dream of how the world should be is beautiful and loving. An invitation to imagine this world with him.”

-Katie Osterhout

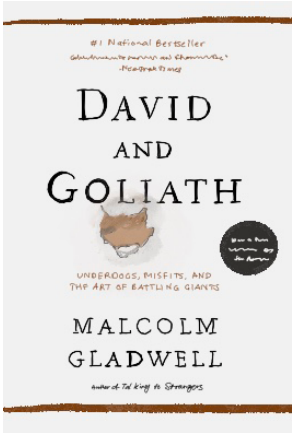
**Why Fish Don’t Exist**  
by: Lulu Miller



“A book with countless lessons about not getting lost in the things stolen from you, written by a former NPR podcast host.”

-Mckenna Flannigan

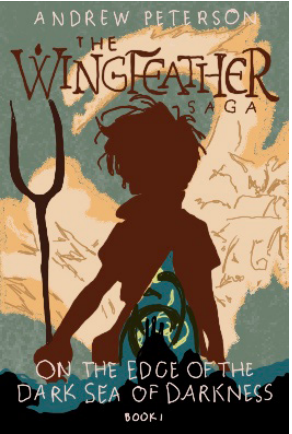
**David and Goliath: Underdogs, Misfits, and the Art of Battling Giants**  
by: Malcom Gladwell



“Gladwell completely reframes the David and Goliath narrative to create an inspiring look at the way adversity could be the very thing that creates the beauty of our lives.”

-Kenzie Backous

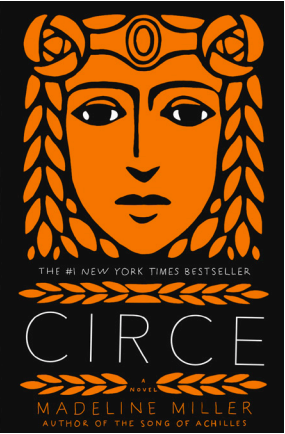
**The Wingfeather Saga**  
by: Andrew Peterson



“This riveting saga, poetically written, captivates all the senses as you journey through the recesses of the human heart’s battle for ultimate control but realize that sacrificial love can only truly be found in humble submission when one lays down his life for another.”

-Rachel Duffus

**Circe**  
by: Madeline Miller

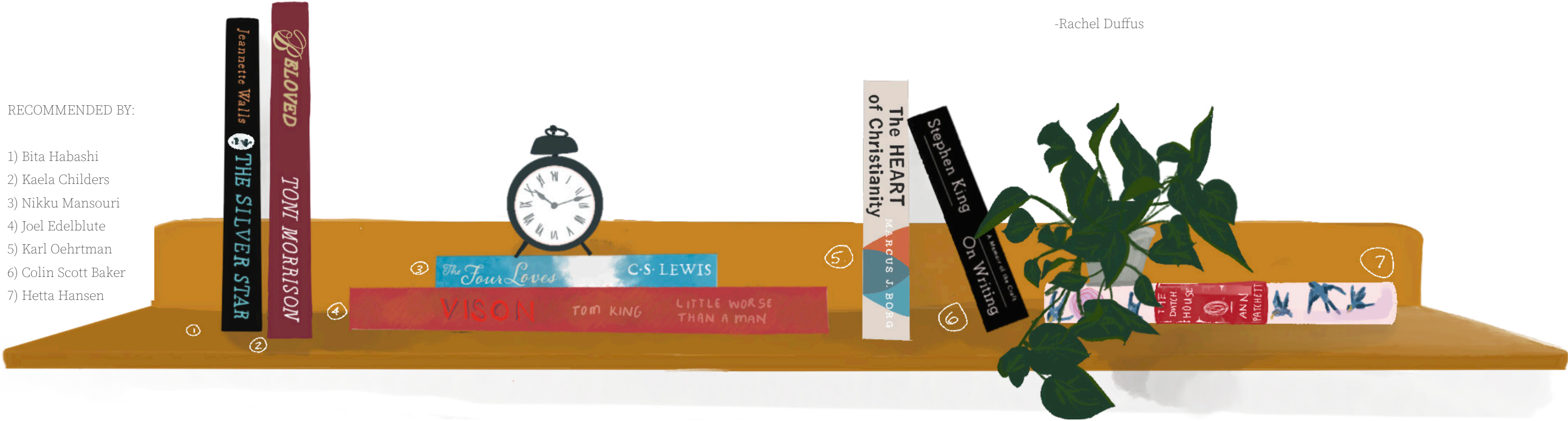


“An incredible book that celebrates female strength in a world created for men. A mesmerizing page turner that is soon being adapted for television.”

-Hana Ketterer

RECOMMENDED BY:

- 1) Bitu Habashi
- 2) Kaela Childers
- 3) Nikku Mansouri
- 4) Joel Edelblute
- 5) Karl Oehrtman
- 6) Colin Scott Baker
- 7) Hetta Hansen











# SOUP FOR THE SOUL

## \*ROASTED TOMATO BASIL

Prep: 20 mins  
Total: 40 mins  
Serves: 8

10-15 fresh ripe tomatoes  
4 cloves garlic  
1 medium onion diced  
2 tbsp olive oil  
½ tsp dried basil  
½ tsp dried oregano  
2 cups chicken or vegetable broth  
3 bay leaves  
¼ parmesan cheese  
½ heavy cream (optional)  
Salt and pepper to taste

Exploring:  
1. Preheat the oven to 450 degrees.  
2. Slice tomatoes into quarters or eighths (depending on size - about the size of a ping pong ball).  
3. On a baking sheet coat the tomatoes, onions, dried herbs, and salt and pepper with olive oil.  
4. Roast in the oven for about 20-30 minutes until the tomatoes and onions have a slight char to them. Make sure to toss the ingredients halfway through, and if needed switch to broil for the last 2-3 minutes.  
5. While roasting, bring the chicken stock to a boil.  
6. Combine the roasted tomatoes and onions in with the chicken stock (leave a couple tomatoes out for later in a small dish).  
7. While cooking, use an immersion blender to puree the mixture until smooth.  
8. Add in the heavy cream while stirring (if using).  
9. Throw back in the saved tomatoes when done, along with a few bay leaves.

+ Garnish with parmesan, fresh basil and oregano and serve alongside your favorite grilled cheese combination.

## ITALIAN SAUSAGE TORTELLINI

Prep: 20 mins  
Total: 12 hrs  
Serves: 6

Ingredients:

5 cups baby spinach  
1 lb ground italian sausage (browned)  
1 onion, chopped  
2 large carrots, chopped  
2 stalks celery, chopped  
4 cloves garlic, minced  
1 tbsp italian seasoning  
1 cup milk  
2 tsp beef bouillon powder  
½ tsp salt  
4 cups beef broth  
¼ cup cornstarch (dissolved in water)  
36 ounces evaporated milk  
12 oz. of 3 cheese tortellini

Exploring:  
1. Place the browned sausage, onion, carrots, celery, garlic, italian seasoning, beef bouillon powder, salt, and broth in a crockpot. Cover and cook on high for 4 hours or low for 7 hours.  
2. Uncover and skim any fat off with a spoon; discard. Stir in cornstarch mixture with evaporated milk.  
3. Add tortellini and mix well. Cover again and cook on HIGH heat setting for 45 minutes until soup has thickened, and the tortellini is soft and cooked through.  
4. Add in the spinach, pressing the leaves down to completely submerge in liquid. Cover again for 5-10 more minutes until the leaves have wilted slightly.  
5. Pour in milk in ⅓ cup increments, as needed, to reach your desired thickness and consistency (about 1 cup).  
6. Season with salt/pepper to taste.

+ Serve with warm crusty bread

## WHITE BEAN CHILLI

Prep: 20 mins  
Total: 30 mins  
Serves: 8

4 tbsp olive oil  
2 cups chopped onion  
4 cloves garlic  
3 four oz cans green chilies  
2 tsp dried oregano  
2 tsp salt  
2 tsp cumin  
1 tsp cayenne pepper  
4 cups chicken broth  
6 cups shredded turkey or chicken  
4 cans cannellini (white kidney) beans

Exploring:  
1. Heat oil in saucepan over medium heat to saute garlic and onion.  
2. Add in green chilies, oregano, salt, cumin and cayenne pepper.  
3. Let cool for 2-3 minutes.  
4. Pour the sauce into a larger pot and stir in the broth.  
5. Drain and rinse beans and add to pot.  
6. Add fully cooked chicken or turkey.  
7. Bring to a boil then reduce heat and let simmer.

+ Serve with sour cream, green onion, cilantro, a jack cheese to garnish!





# BROCCOLI CHICKEN CASSEROLE

This is a big hit every time we pull it out. Once a favorite in the Edelblute household, is now a frequently requested meal among our friends. More often than not, we're doubling the recipe in anticipation of the inevitable second helpings. You can't really go wrong with this comfort food recipe. It's been really sweet to see how recipes are shared and become a part of friend's own dinner rotations other the years. Best part is, it's super easy and is just as good the second day.

Prep: 20 mins

Total: 1 hr

Serves: 6-8

Ingredients:

6 breasts or 12-14 chicken tenders

2 pkg broccoli spears

2 cans cream of chicken soup

1 ½ cup mayo

1 ½ tsp curry powder

2 tsp lemon juice

8 oz sharp cheese

Exploring:

1. Preheat the oven to 350 degrees.

2. Cook white rice.

3. Cook chicken on the stove. Make sure to just steam it, we are not going for a grilled chicken this time.

4. Steam broccoli under it is a bright green color.

5. While the chicken and broccoli are steaming, mix the rest of the ingredients in a medium bowl until well combined.

6. Cover the bottom of a 9x13 pan with the chicken and broccoli. Then pour over the mixture under well covered.

7. Bake for 20-30 minutes.

8. Serve immediately over white rice.



# CONTACTS

## KEVIN & LESLIE YAMAKA

SOKO COFFEE | <https://sokocoffee.com/> | [hello@sokocoffee.com](mailto:hello@sokocoffee.com)

Soko Coffee is a hidden gem here in Eugene, OR. Currently a pop-up coffee cart, but soon to have their own storefront at the corner of Oakway Rd. and Cal Young Rd. (Wesley Methodist Church). Kevin and Leslie's craft blew us away the first time we discovered their stand this last summer. As husband and wife duo, they started their coffee business here in their home, the Pacific Northwest, with a heart to serve others well coinciding with high quality coffee. Go try it out and help us support them as they launch another piece of their dream this coming spring/summer.

## EDEN EWERT & DOVE LININGER

EDEN AND EARTH | <https://edenandearth.co/>

A mother-daughter team based in Eugene, Oregon. Eden and Dove have a passion for soap-making and protecting our environment. Eden and Earth launched in November right before the holiday season, just in time to find their way in the stockings of people all across Lane County. All of their products are created and shipped in 100% recycled and recyclable materials. Go to their website to order their spectacularly smelling body soap, shampoo bars, dish soap, and handmade wash clothes.



# THANK YOU

We want to continue our tradition of ending each magazine by saying thank you to the people who helped this issue come to fruition. We truly feel blessed to have so many people believe in us and lift us up when we are feeling less than inspired. Thank you to our wonderful and talented creative partner **Rachel Haylie Photography**. Her own creative vision fuels us as she takes our ideas and turns them into reality. Not only does she support us creatively but she is also a dear friend who welcomed us into her home for the location of this issue's photoshoot. Thanks for investing so much into this project. Thank you to **Kevin and Leslie** from **Soko Coffee** for sharing your heart behind your business as well as providing us our delicious beverages for our brainstorming sessions. We can't wait to support all the accomplishments coming your way in the new year. Thank you to our friends **Eden and Dove** at **Eden&Earth** for providing us a product that is easy to photograph and refreshing to use. We thank you for your continued dedication to keeping our planet healthy and showing others how to do so. Thank you to our **avid-reader friends** who sent in book recommendations, we hope to get through many of these within the year. Thank you to the brilliant **Jennifer Broadous-Scurlock** for sharing your thought-provoking perspective and encouraging our readers to think boldly about our position of power. We are listening to you as you continue to bring more peace and understanding into our community. Thank you to our dearest friend **Mckenzie Pulumbo** for her knowledge on mental health. The time and care you put into making your clients, family, and friends feel seen and heard is a blessing beyond comprehension. Thank you **Tamera Laage** for canceling plans and coming in at the 11th hour to help edit our content. We know that without strong edits the heart behind the content would be lost. Thank you to our **families** for continuing to support us in ways only family can. From printing out physical copies to sharing this with friends, you always make us feel proud of this accomplishment. Thank you to our **friends** for always saying yes to hikes in the rain or learning new games. We appreciate the fact that we get to do life with such amazing people. Lastly, we would like to thank our **followers** who continue to open up our magazine and read our words, listen to our stories, and support us on this journey. We don't know where this year will take us or what opportunities will come our way, but we feel blessed that we get to document this journey through this medium and share it with you all.



# OUTTAKES

This winter issue proved to be a bit more chaotic than previous issues. Our goal has always been to meet weekly to dream, design and create. However, between school, work, families, and holidays, not to mention a pandemic, our weekly meetings became a bit difficult to keep up with. Nevertheless, we stuck to our release date and grinded in between tasks, on long car rides and late at night to ensure our vision was executed exactly as planned.

Photoshoot day is always a long day for the four of us. Scrambling to get everything photographed in the daylight, cook food, set up flat lays, travel if needed, and look good while doing it all. A few months back the three of us fell in love with Rachel (our wonderful photographer)'s apartment. So we decided our winter shoot would be a full take over of her beautifully decorated studio apartment.

We headed her direction early in the morning, Christin's car packed to the brim, prepped food set up on our laps, and just a touch of makeup we had time to do before running out of the house.

Our morning began not realizing apartments from the 50s didn't come equipped with microwaves, so our only option was to photograph cold soups and casseroles...hopefully no one would notice.

After about an hour of setting things up and dishing out food, we received a husband call about his car being blocked in... whoops. Meg rushed out the door to rescue Christin's poor husband from our poor planning predicament, forcing her to miss about half of the shoot. Thankfully our photographer Rachel, amazing as always, didn't give us any reason to stress about the outcome.

We headed to the beach after reorganizing Rachel's entire apartment and putting it back together. The drive out was beautiful and we were joyfully met with gray skies and bearable weather that didn't turn our noses too pink.

Though shoot days are always sporadic and chaotic, we wouldn't have it any other way because it always provides space for bonding that could never have been planned.

Love ,

Meg , RACH , & Chris

