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Roundabout presents 'Bravey' author Pappas

BY DAVID JASPER • The Bulletin

Many people would be perfectly happy with a single talent that makes them stand out: With the publication of her debut memoir, "Bravey," Olympic runner Alexi Pappas, who has also written and starred in films including 2017's "Tracktown" and 2019's "Olympic Dreams," has proven herself a multiple threat.

But it hasn't been an easy path for Pappas, 30, who was just 4 when her mother, who suffered from depression, committed suicide. In "Bravey" (a word she first coined in a short poem) she discusses frankly her search for female role models, be it the mother of a friend or a teacher, as well as her own battle with depression.

At 6 p.m. on March 11, Roundabout Books will host a Zoom event featuring Pappas in conversation with shop owner Cassie Clemons. Tickets for the event and a copy of "Bravey" are \$30.

Formerly a resident of Eugene, Pappas now lives in Los Angeles with husband and film collaborator Jeremy Teicher. With the many demands on her time, Pappas took part in an email Q&A with GO! Magazine. For tickets and more information about Pappas and her Roundabout event, visit roundaboutbooks.com/events

Q. How did you come up with the word 'bravey,' and can you explain what it means to you?

A. I actually answer this very question in the introduction to my book! Without giving away too much, the word "bravey" came from a poem I wrote and shared on social media back when I was running for the University of Oregon: "run like a bravey / sleep like a baby / dream like a crazy / replace can't with maybe." The word "bravey" became the label of a mini-movement, a self-identifier for those who make the choice to replace can't with maybe and pursue their dreams. It's a

switch we can flip in our mind.

Q. What kinds of early reactions are you hearing from readers of "Bravey"?

A. I have been absolutely loving the photos I've been seeing on social media of people around the world with their hardcover copies of "Bravey," along with their often extremely thoughtful captions about what parts of the book have spoken to most to them. Whether the book is joining you in the sun by the pool, on the subway to work, or under a blanket by the fire, I get so happy seeing "Bravey" find its way in the world.

Q. What was the most difficult part of writing the book for you?

A. I found the process of organizing all of my stories, lessons, and experiences into a single cohesive order to be the most challenging part of the writing process. "Bravey" spans so many different parts of my life, from losing my mother to suicide to growing up and looking for female mentors, to making movies and competing in the Olympics, to my own experience with post-Olympic depression — it took lots of time and

editing to make sure everything built on each other in a synergistic way.

Q. How did writing "Bravey" compare to other work you've done, such as writing the films "Tracktown" or "Olympic Dreams"? Do you prefer one kind of writing over another?

A. Writing movies and writing a book are two tremendously different undertakings! Both are collaborative in their own way, with the biggest difference being that book writing builds towards a final document that is set in stone, while a script builds towards ul-

timately handing the reins over to your actors. Each is magical in its own way.

Q. Between your film work with the likes of Nick Kroll, reading Maya Rudolph's introduction and seeing that you'll be in conversation with Bill Hader at SXSW, it's gotten me wondering about what similarities and differences you see between athletes and comedians/actors. Two highly different species, or is there quite a bit of overlap in terms of

personalities, perseverance, work ethic? Are you more comfortable in one world than the other?

A. I believe that art, just like athletics, is a discipline that we can explore and improve through practice and hard work. Talent matters, but hard work matters more. Arts and sports have more in common than people think!

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