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WELCOME TO 1UV GALLERY STUDIO

1UV is my working studio and exhibition space (aka gallery). Since opening in February I have fielded a lot of strange questions. I guess the people of Saratoga weren't expecting anything other than another place where they can eat and drink or get their hair cut to open up in their village. It has surprised me to hear over and over, "How much is your rent?" Or "How much money do you make?" Or "Do you teach classes?" Or "Where are you from?" Perhaps after Covid people can't wrap their heads around the thought of an old fashioned Art Gallery opening. I don't know. All I know is I never expected to have to explain what an Art Gallery is to so many people.

The reality is, the model of my business is a very old and traditional one. Pre-WWII it was not uncommon for downtown communities to include Artist studios where you could visit the Artist and purchase their work directly from them. It's not that the gallery didn't exist. They did. But Artist studios were every bit as celebrated and were often a hip spot to go for entertainment and social interaction. One such Artist who was famous for his studio was Pablo Picasso.

After WWII the Arts saw the rise of the Gallery and it became taboo for an Artist to promote and market themselves. Perhaps this was due to the politics exercised and created by the NAZI plundering of private and public collections of Art. A class of people rose who



Drop-In, Register Online or Buy an Event Pass Card...

\$20 cash at the door **or** stop in 1UV during regular business hours (Wednesday, Friday, Saturday 10AM-6PM) to purchase an 8 time pass card for \$140. That's one session for free! Teens 16 & up welcome with participating parent. Limited space, first come basis. Save your spot. Pre-register for individual sessions on Eventbrite.com. Doors locked 15 minutes after start time. No intoxication, recording devices/photography, strong fragrances/odors or pets. Passes are good for all drop-in events for 2023. Bottled water included in purchase.

2023 DROP-IN EVENT PASS

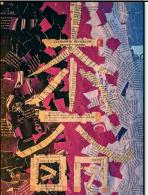
14572 Big Basin Way, Unit 2
Saratoga, CA 95070
408-047-2818
1UV (1UV) (1UV) (1UV)

Pssst... Your pass card also entitles you to 10% offi purchase of existing work to 10% offi purchase of existing work when a yegular sale is not happening. Pass cards are non-transferable.

Discount does NOT apply to custom order work.

desired to act as "protector" of Art and Culture. Or maybe it was just seen as a good way of making money for those with the appropriate intellectual prowess. I can understand the desire to open a Gallery. What spurred me to finally invest the money in opening a brick and mortar was when five paintings, their inventory files, and a hand drawn blue print I drew for the studio I wanted to build on my home property were stolen out of my house. It wasn't the first time Art had been stolen from me. It was just the straw that broke the camel's proverbial back. If my work is worth stealing surely it must be worth selling.

Including my studio in my exhibition space was more of a necessity than an intention. Once I paid the cost of opening a brick and mortar I didn't have it in the budget to hire staff. Besides, I was tired of living in my work space. When you live in your work space you never stop working. So, opening a traditional Artist's Gallery-Studio hit two birds with one stone, so to speak. I don't teach classes, but in addition to my Artwork I also host creative social events. So, join me some time for a 1UV a kind experience...



GROUP REIKI 7-9PM June 14 & 28, July 12 & 26, Aug. 9 & 23

I have been a certified Reiki M/T since 2006. Reiki is an ancient Healing Art credited to Usui Sensei from Japan. Drop in for a 15 minute treatment, no questions asked. Limited to 7 participants. You receive a personal 15 minute treatment in order of arrival. Participants welcome to remain in the space for the entire session.

PLATONIC GAMES 7-9PM June 15 & 29, July 13 & 27, Aug. 10 & 24

I have been a certified Reiki M/T since 2006. Reiki is an ancient Healing Art credited to Usui Sensei from Japan. Drop in for a 15 minute treatment, no questions asked. Limited to 8 participants. You receive a personal 15 minute treatment in order of arrival. Participants welcome to remain in the space for the entire session.





WRITERS CIRCLE 7-10PM June 13 & 27, July 11 & 25, Aug. 8 & 22

Do you have a regular writing practice? Have a novel or poetry chap book in progress? Maybe an essay or paper? Come share with other writers. Each participant will have the opportunity to share their work and receive feedback. All works must be original. Limit of 5 participants.

SHOW & TELL FOR GROWN-UPS 2-5PM June 25, July 30, Aug. 27

Are you a creative person? Do you have a project you've been working on and would like to share with other creative people? Bring your finished or in progress project to receive and offer feed back with kindred spirits. Feedback is invaluable to the creative process. Limit of 5 Participants. Limit of 1 work per participant per session.





We are smothering and burying ourselves alive in textiles. Shopping is still fun and "new" items are still needed. Let's re-think shopping. Bring (up to) 5 items of clothing, shoes, and/or accessories from your or your loved one(s) wardrobe that are still in great shape but have been out grown and trade with others. Find new treasure for yourself or your loved one(s), save some money and the planet.

Items for sale in 1UV will not be eligible for trade.

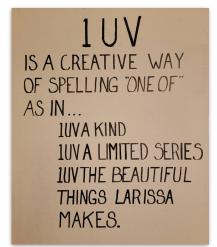
Let people know you are going and tell your friends. Pre-register on Eventbrite.com. Search on Eventbrite for "1UV".



GET YOUR 1UV FREE GIFT

First four persons to purchase event pass cards will receive a 1UV sketchbook, 1UV mini notebook, 1UV pen AND an additional pass card to share with a friend.

First come first serve. Pass cards can only be purchased in person at 1UV Gallery Studio.



ANNIVERSARY SALE
10% OFF ALL EXISTING
WORK FOR THE MONTH OF
JULY, IN HONOR OF MY &
OMAR'S 23 YEAR
WEDDING ANNIVERSARY

DOES NOT INCLUDE SERVICES, SERIES IN PROGRESS OR CUSTOM WORK





SCHEDULE A SPIRITUAL
CONSULTATION WITH LARISSA @
1UV TODAY AND SEE WHAT THE
CARDS HAVE TO SAY.
I don't read the future. I read the
present. Using three decks I have
been reading for nearly two decades.
Spiritual Consultations are NOT
therapy. They are a confidential
chance to get a new outside
perspective on life's challenges. See
the Creative Services section for
information about scheduling.

CHECK OUT MY NEW BLOG:
CRITICAL THOUGHT

https://www.1uvgallerystudio.com/blog

On Critical Thought I explore the motivations behind the work I create. It is a 1UV a kind intellectual pursuit and I invite you to peek behind the curtain at the inner workings of the concepts that inform the work at 1UV.





ENJOYING THIS QUARTERLY NEWSLETTER?

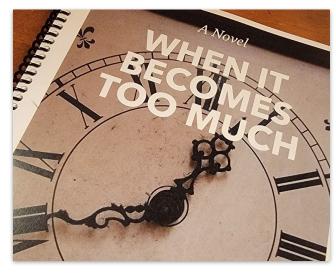
Sign up for the bi-monthly e-newsletter.

To sign up, email <u>larissa@luvgallerystudio.com</u> with your request to be added or add your email to the sign in book next time you visit in person.

LOOKING FOR A GOOD NEW AUDIO BOOK?

Check out my newest novel, When It Becomes Too Much, read by me on YouTube. Suggested for 18 years and older.

https://www.youtube.com/watch? v=k00DEVbrHXE&list=PLp4khk5hD ycEJD0p-lM7Sa3GNK_pKdh4T





DREAMSCAPES Volume I
From pillow to drawing board, a
poetic exploration of my
dreamworld

Available for purchase ONLY at 1UV \$100

This (limited print) book features original poetry and images of the studies for my currently in-progress oil painting series:

Dreamscapes

1UV COLUMNS & CLASSIFIEDS

Columns are the perspective of the author | Classifieds are paid/for sale

LIMITED PALLET

By: Larissa

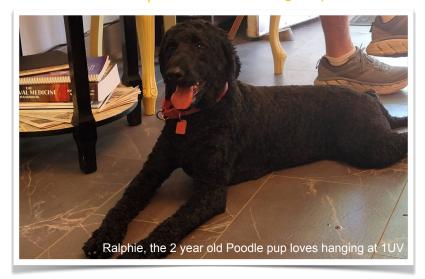
LIMITED PALLET is a vegetarian centered column. I am lacto-ovo vegetarian. This means, in addition to items from the Plant Kingdom, I eat animal products limited to eggs and dairy. I also eat organisms from the Fungi Kingdom, as well as bee products. LIMITED PALLET is a column devoted to lacto-ovo centered culinary experience. Just FYI...my husband eats meat and I prepare meat for him. Also, some recipes I prepare at home are vegan and/or gluten free. Some topics you might see in future articles are:

The Dish...

Fully vegetarian eateries are few and far between. For a vegetarian of any type it can be difficult eating with friends and family or out at restaurants. Future articles may highlight particularly delicious vegetarian meals enjoyed at local eateries or recipes I have created that were particularly successful.

Server Spotlight...

Sometimes vegetarians meet distain when asking Servers about ingredients of menu items. Future articles may feature particularly good Servers at local eateries. Waiting tables is hard. I did it for years and appreciate the nuances of the job. A good serving staff is invaluable.



SARATOGA POOP SCOOP

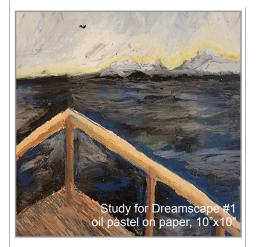
A column for the Dogs of Saratoga & their People

REIKI, CHRONIC PAIN, & DOGS by: Larissa

I live with chronic pain as a result of a history of severe injury. Given the Global problems due to opiate addiction AND the fact that I am allergic to opioids, I seek out methods other than pharmaceuticals to handle my high rate of chronic pain. Things I do to help manage pain include: yoga, CBD and other herbal remedies, massage, chiropractic work, acupuncture and ReiKi.

ReiKi came into my life through serendipity. In the early 2000's my husband and I travelled to Australia. Plane travel inflames my injury and I had a bottle of Vicodin my doctor at the the time prescribed to me for when the pain was over the top. I never enjoyed taking the pills. There was always some mild but unpleasant side effect, but this time it was horrible. That's how allergy works. Reactions become progressively worse. This particular time I hallucinated vile violent things. When it finally wore off I swore never again. After we returned home to the States I was walking down Castro Street in Mountain View and saw a sign in front of The East West Book Store that said: "Today - Reiki Sessions with Reta Coolin. Inquire inside."





LIVING POETIC

By: Larissa

LIVING POETIC features original poetry. The poetry may be by me or another poet. To submit your poem email

Larissa@1uvgallerystudio.com. Submission does not guarantee publication. I will let you know if your poem is accepted for publication.

The following poem is from my new book: DREAMSCAPES Volume I. It is the poem that accompanies the cover image (above). The image and the poem share the same title.

DREAMSCAPE #1

I don't know where your happiness lay

Mine lay in that ice sky

Across black waters

From some fine porcelain cup I drink

And when the nightless sun sets

Pull me close

Just the night before I had been chatting on the phone with my mother about my trip and she told me she had met a ReiKi practitioner. She explained it was an ancient healing modality from Japan that utilized the laying on of hands. I thought it sounded interesting but didn't think much of it. Then the very next day I came across this sign. I went in and had my first ReiKi session. The experience was so gentle and profound that I bought a bunch of books to learn about what I had experienced and searched for a teacher with whom to study. By 2006 I was a certified Reiki Master/Teacher.

Reiki alone has not cured my chronic pain, but it has saved me in times of great physical distress...and other people and animals love it too. Especially dogs. Dogs in Saratoga drag their people in my open door day after day. Dogs, like Ralphie (in the photo on the previous page), come in and plant themselves at my feet with their people marveling and apologizing. No apologies necessary. Your dog is asking for ReiKi because it feels good and comes from only the Highest Good. ReiKi can speed healing from surgery and bring comfort in the hardest of times. I can't guarantee a cure but I can guarantee comfort and no harm...which is more than a lot of medical practitioners serve. See the section on Creative Services for information on scheduling an appointment for you and/or your pooch.



PICTURE YOUR ADVERTISEMENT HERE! Size A - full page

Advertise your business, event, milestone, or other announcement in the 1UV Quarterly. 1UV Quarterly is a <u>NEW</u> free old-fashioned (aka SLOW) print Art & Culture publication written, edited and distributed by 1UV in Saratoga and surrounding communities on a quarterly basis.

Three months of print advertising? That's a lot of bang for your buck.

PRICING:

SIZE A (full page) - \$175

SIZE B (1/2 page) - \$90

SIZE C (1/4 page) - \$60

SIZE D (1/8 page) - \$40

SIZE E (1/16 page) - \$25

DEADLINES:

Quarter 1 (Jan.-Mar) - submissions and payment due by November1

Quarter 2 (Apr.-Jun.) submissions and payment due by February 1

Quarter 3 (Jul.-Sept.) submissions due by May 1

Quarter 4 (Oct.-Dec.) submissions due by August 1

To inquire about advertising in the 1UV Quarterly email

larissa@1uvgallerystudio.com or stop in 1UV Gallery Studio in person to talk with Larissa. 1UV will design the ad for you. A copy of the ad will be provided to you for approval before the issue goes to print. You just provide a photo, text, and payment and let us know what size you want. Subject to space availability. First come first serve for a 1UV a kind advertising experience. Payment accepted in cash or credit card.

SUBMISSIONS FOR POETRY, CARTOONS & GUEST ARTICLES FOLLOW THE SAME SUBMISSION SCHEDULE AS ADVERTISEMENTS. IT IS FREE TO SUBMIT YOUR ORIGINAL WORK (WITHIN THE SCOPE OF THE COLUMNS). PUBLICATION IS AT THE PREROGATIVE OF 1UV. IF YOUR SUBMISSION IS ACCEPTED YOU WILL BE NOTIFIED.

PICTURE YOUR ADVERTISEMENT HERE!

Size B - 1/2 page

(see next page for deadlines & pricing)

PICTURE YOUR ADVERTISEMENT HERE!

Size C - 1/4 page (see next page for deadlines & pricing)

PICTURE YOUR ADVERTISEMENT HERE!

Size D -1/8 page (see next page for deadlines & pricing)

PICTURE YOUR ADVERTISEMENT HERE!

Size E - 1/16 page (see next page for deadlines & pricing) ARTIST SEEKING PROFESSIONAL LIFE-DRAWING MODLES FOR PAID DRAWING SESSIONS. 408-647-2518

FEATURED ART & ART OBJECT

Images of work available for purchase @ 1UV | designed & fabricated by Larissa



VESTMENTS FOR A SPECIES IN PERIL

A "vestment" is a holy garment meant to be worn during ceremony or ritual. The pattern of my jackets is inspired by the unisex traditional Japanese garment/robe, the Kimono.

This series is a comparison between Oriental and Occidental religious and spiritual practices and traditions in the context of a species fighting for survival on the shared living organism of Planet Earth. We truly aren't that different from each other and in the end we will all go down with the ship we share if we can't get over ourselves.

#1

Front (above) Back (right)

hand made 1UV a kind kimono-style shrug by Larissa featuring: original poetry, original fabric painting, and aplique on painters canvas with up-cycled denim binding muslin lined with interior pockets

3/4 length sleeves one size fits many

spot clean/hand wash cold, line dry, iron inside out color may fade with repeated washing

\$1,133.00 USD + tax





Top: DIATOMS & MICROBES #4

2020, watercolor, water color inks, water color dyes, ink, gouache on Arches 40" x 60"

\$8,500 USD + framing + tax

Right: Assorted Handmade calligraphy or poetry journals

2022, handmade watercolor paper, canvas, watercolor inks

> \$75 - \$175 USD + tax



CREATIVE SERIVCES

In addition to the creation and sale of her original Artwork and social events, at 1UV, Larissa offers a variety of creative services at varying rates including: consultation services, private shopping, and Reiki. Book your Tuesday or Thursday appointment in person at 1UV, by calling 408-647-2518 or emailing Larissa@luvgallerystudio.com.

CREATIVE CONSULTATION -

schedule a Creative Consultation when ordering custom made work. Bring your sentimental textile(s) to Larissa to be up-cycled into a new item. Examples: T-shirts or infant clothing can become quilts or rugs. Heavier textiles can become yoga bolsters and bricks. Other loved one's items can be worked into a Black Friday Jacket or other garment.

CREATIVE CONSULTATIONS

generally last one hour. In that time choose the type of item you would like Larissa to make and share the story of your textile with her. Knowing the history of your textile(s) will help Larissa utilize and design your custom work for you. This time will also be used to project a timeline for the completion of your piece.

CREATIVE CONSULTATIONS cost

\$100. This cost is non-refundable and will be applied to the total cost of your custom piece. Quilts start at \$200. Yoga props start at \$100. Black Friday Jackets and other garments start at \$300.

SPIRITUAL CONSULTATION -

schedule a Spiritual Consultation when you have a spiritual/super-natural experience you don't feel comfortable sharing with just anyone, when you have dis-ease in your spirit and have nagging questions you would like to discuss in a judgement free space. Larissa is a licensed non-denominational minister. Consultations are confidential.

SPIRITUAL CONSULTATIONS

generally last between one hour and an hour and forty five minutes. That time may include tarot readings (Larissa reads three decks), chakra clearing, and/or intuitive reading. Larissa has been reading for two decades. Spiritual Consultations are an opportunity to look at difficult situations from a different perspective. Consultation is NOT therapy.

SPIRITUAL CONSULTATIONS are \$300.

PRIVATE REIKI SESSION - ReiKi is an ancient energy healing modality/martial Art, accredited to Usui Sensei from Japan. It works to bring balance and relaxation to mind, body and spirit. ReiKi translates to: Universal Lifeforce Energy. Larissa has been a certified Reiki Master/Teacher since 2006. ReiKi Sessions are confidential.

PRIVATE REIKI SESSIONS generally

last between one hour and an hour and a half. ReiKi does not require the removal of clothing. You will be asked to remove your shoes. ReiKi treatment may include laying on of hands depending on the comfort of the client. Larissa is not a medical doctor. She does not make diagnosis or prescribe substance.

REIKI SESSIONS are \$150.

Minors may be treated if a parent is present. Pets may be treated as well. Pet Sessions are fifteen minutes to half an hour and cost \$75.

PRIVATE SHOPPING EXPERIENCE

- schedule a private appointment for you and up to two friends to view and shop for existing work on exhibit at 1UV. Private Shopping Experience includes (an optional) tea and/or wine service. Specify your preference when making your appointment.

PRIVATE SHOPPING

EXPERIENCES are for one hour. A separate appointment must be made for a Creative Consultation if you decide you would like a custom piece made.

PRIVATE SHOPPING

EXPERIENCES cost \$150. This cost is non-refundable and will be applied to the total cost of any purchase made during the appointment.

PRIVATE CREATIVE CRITIQUE -

schedule a Private Creative Critique from Larissa on you own creative project. Bring your finished or in progress project with you to your appointment and receive personal feedback. Critiques are confidential.

PRIVATE CREATIVE CRITIQUES are

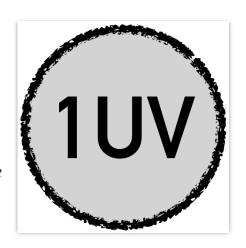
one hour. Actual work must be present.

PRIVATE CREATIVE CRITIQUES

cost \$200. Minors may schedule an appointment if a parent is present for the critique.

BECOME A 1UV AFFILIATED MEMBER GALLERY

1UV Gallery-Studio Membership Affiliation will entitle the the Member Gallery to a listing in a published Member Directory with link to your website, use of the 1UV logo and Gallery Name. The original 1UV Gallery-Studio will be promoted as 1UV Gallery-Studio. Member Galleries will be: 1UV Gallery-Studio: name of artist here. As Membership grows benefits will expand (annual print catalog, annual networking social, etc...) . Why join now? Because there's strength in numbers and independent Artists have the power to change the World.



To be eligible to become a 1UV Member Gallery you must meet the following requirements:

- be a working Art studio *and* exhibition space for one (person) Fine Artist/Fine Craftsperson
- maintain a physical bulletin board for use of the community in which you are located
- your work must be hand fabricated/made, one of a kind or limited series, no mass production and feature use of up-cycled, recycled, vintage, and/or antique materials and/or in some way conceptually and/or physically address issues related to Climate Change
- offer creative social events at least once a quarter for youth and/or adults
- operate within the legal constructs of the community in which you are located
- not be closer than 50 miles from another 1UV Gallery-Studio Member Gallery
- incur all liability, and operating licenses/costs of your business
- not engage in the sale of pornography (nude work OK, we as artists know the difference here), alcohol, cannabis, or any controlled substance
- pay an initial Membership fee of \$500 to 1UV Gallery Studio (for the first year) then 3% of annual gross sales every year after
- maintain a (reciprocating) web link to the 1UV Gallery-Studio Membership Directory page on your website as well as on any materials for print, publication and promotion

Read all this? Interested?

To apply mail: a typed letter of intent explaining why/how you are qualified to be a 1UV Member Gallery, three images of your work, three professional references, CV, proposed location of your Gallery-Studio, and contact information (including mailing address, email address, phone number, website) to: 1UV Gallery-Studio, attn:

Larissa, 14572 Big Basin Way Unit 2, Saratoga, CA 95070.

Submission of application does not guarantee Membership. You will receive a registered letter of acceptance or rejection once your application is received. If your Membership is approved, you will be invoiced for the initial membership fee of \$500. Further instructions will be sent with your invoice.

CALLING ARTISTS & BUSINESSES TO SIGN UP FOR SARATOGA/LOS GATOS SLOWART DAY 2024

Slow Art Day is celebrated by setting aside two hours of your day. The first hour is spent slowly and quietly looking at 5 works of Art with others. The second hour is spent talking about that experience over drinks and/or a meal together. Join 1UV, La Fondue, Florentine, Cinnabar Tasting Room, uncorked, and ManyFriends Brewery in celebrating *International Slow Art Day 2024* on April 13, 2024. 1UV is organizing a Saratoga/Los Gatos event. Attendees viewing Art and having discussion will buy a ticket on the Eventbrite platform for the Viewing Venue/ Restaurant pairing. The Restaurant/Winery/Brewery will set a menu for the event. The ticket price will cover the cost of the menu and Venue cover charge per registrant. The cool thing about this event is it is free for Artists, Art Viewing Venues and Libation Businesses to participate, creates an opportunity for artists and local businesses to grow their business AND is part of a larger International event. Plus, the way I am proposing we approach our event no one will need any special permits or licensing other than what you already have to operate your business.

Email the information listed below and which box you fir in to larissa@1uvgallerystudio.com. Slow and stead always wins the race. You don't need to rush to be on time. Come on! Join the Slow Movement.

Business Name:	
Business Address:	
Contact Name:	Contact Title:
Phone:	Email:

BOX 1

I am a Venue that sells food and/or drink and I am interested in pairing with a Venue that is exhibiting Art. I will offer a set menu and host a post Art viewing discussion. I will email a copy of the menu and the price per person for the menu to Larissa.

BOX 2

I am an Artist or a Venue that exhibits Art or has room to exhibit Art. I want to host my Art or the Art work of an Artist at my Venue to be viewed.

I will email a description of my Venue and/or work and/or have emailed 5 images of my work to Larissa.

BOX 3

I am the member of an organization that would like to support Slow Art Day by promoting the event and/or volunteering as a docent /discussion facilitator on the day of the event. I will email a list of our volunteers with contact information to Larissa.



Yes, kids can make Art but Art is NOT child's play...

The role of Art, Artist and Art exhibition space is a serious and essential part of all healthy cultures and economies. Often Art is considered something children do for fun, but Art has a much more serious role in society and history. Yes, kids make Art in school or at home for fun, but the Artist creates to reflect upon and document humanity within the time the Artist lives. The Artist's record (Art) remains as a challenge to those who would alter written history. The role of Art Collector is to help preserve this record for future generations. While a child's drawing on your refrigerator may brighten your day, a work of professional Art could very well save lives some day.



Slow Food...

Slow Food seeks to bring balance, flavor and sustainability to our relationship with food. Slow Food focuses on local in-season ingredients prepared fresh and whole and shared in an intentionally respectful way respectful of the soil, farmer, livestock, crops, and consumer.

Slow Business

Slow Business seeks to focus on inter-personal relationship, bringing those who make products or offer services in direct relationship to the consumer, focusing on quality over quantity. Slow Business asks us to be conscious of how and why we consume.

Slow Art...

Slow Art invites the viewer to view and purchase Art in a slow and thoughtful manner - to consider the long term effects and value of the culture and history of Art and Art objects on humanity.



NEW NOTE CARDS..

Looking for some stationary? New note cards with original photos of Wilder Ranch and The Kitty Pants Ranch are available for purchase at 1UV. Send your message with a beautiful image of the natural world.



MIGHTIER THAN THE SWORD...AND FREE!

Next time you're visiting 1UV be sure to pick up a free 1UV pen.

Perfect for writing in the note cards you just bought...



VISIT 1UV GALLERY STUDIO

In historic Saratoga Village

HOURS:

Sunday - Closed

Monday - Closed except for scheduled Social Mondays (entry fee applies)

Tuesday - by appointment only

Wednesday - 10AM - 6PM

Thursday - by appointment only

Friday - 10AM - 6PM

Saturday - 10AM - 6PM

1UV Quarterly is written, edited, & published by Larissa. 1UV Quarterly is published for the main purpose of informing community of the products, services and events offered at 1UV Gallery Studio in historic Saratoga, California. Paid advertising and recurring columns are also included on the center page insert. No business or individual can purchase feature or mention in a column. Column subject matter is the sole prerogative of Larissa. If you are interested in contributing a short guest article, poem, comic strip, or political cartoon email larissa@luvgallerystudio.com with your request. Request to contribute does not guarantee inclusion for publication. Guest contributions may not include advertising. For advertising pricing see the "Columns & Classifieds" insert for more information. 1UV Quarterly is a free publication paid for and distributed by 1UV Gallery Studio. Visit luvgallervstudio.com

1 UV Gallery Studio Larissa 14572 Big Basin Way, Unit 2 Saratoga, CA 95070

