

# 1UV MONTHLY - ISSUE 3

JANUARY 2024

Formerly the 1UV QUARTERLY

Image: Dream Scape #6 40"x40"  
oil on canvass drying on the easel



AN INDEPENDENT  
SLOW ART & CULTURE MAGAZINE  
BY 1UV GALLERY STUDIO  
IN SARATOGA, CALIFORNIA

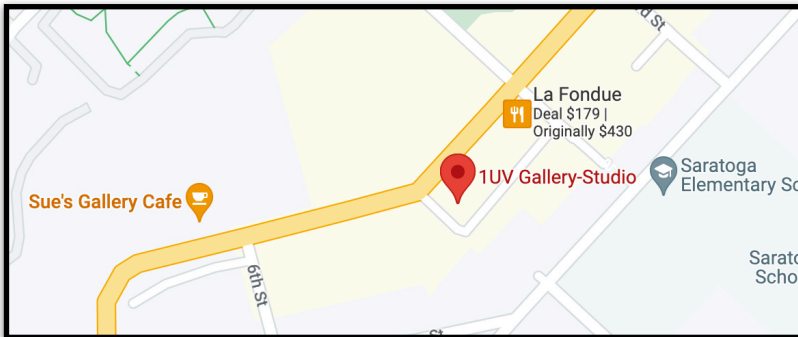
Unless otherwise noted, all photography and content is by Larissa, a real human being.  
1UV MONTHLY includes absolutely NO AI generated content or material.





**1UV MONTHLY is written, edited, & published by the multidisciplinary conceptual Fine Artist, Craftsperson and Reiki Master/Teacher, Larissa. Larissa owns 1UV Gallery Studio located at 14572 Big Basin Way, Unit F, Saratoga, CA 95070, where, in addition to writing and publishing 1UV MONTHLY, she designs, fabricates and exhibits her Art, offers creative services, & hosts creative social events.**

**1UV Gallery Studio is open to the public Friday, Saturday & Sunday from 10AM - 6PM. 1UV is open by appointment Tuesday to Thursday, as well as for scheduled special events like Social Mondays (admission fee may apply).**



1UV MONTHLY is published for the main purpose of informing community of the products, services and events offered at 1UV Gallery Studio in historic Saratoga Village. Paid advertising and columns relevant to Saratoga, CA are also included. No business or individual can purchase feature or mention in a column. Column subject matter is the prerogative of Larissa. If you are interested in contributing a guest article, poem, piece of short fiction, comic strip, or political cartoon, email [larissa@1uvgallerystudio.com](mailto:larissa@1uvgallerystudio.com) with your request. Request to contribute does not guarantee inclusion for publication. Guest contributions may not include advertising. For advertising pricing see the Classifieds (pg. 14) for more information. 1UV MONTHLY is a free publication paid for and distributed by 1UV Gallery Studio, and supported by advertising. ■

## **ISSUE 2 CORRECTIONS & REDACTIONS:**

**pg. 2 - 1UV Gallery Studio street address is 14572 Big Basin Way Unit F, not Unit 2.**

**pg. 8 - Scooby Edward's Mommy is Nancy Brown, NOT Nancy Miller.**

## **LETTERS TO/FROM THE EDITOR:**

Dear valued 1UV Visitors & 1UV MONTHLY Readers,

Just a few things to know when you visit 1UV: Photography or recording of any kind is prohibited & mask-free visiting is preferred. If you ask questions about cost of rent or business revenue you will be asked to leave. Children & dogs are welcome. Many of the paintings hanging in the Gallery right now are from the currently in progress series, DREAMSCAPES. These works are not yet priced or available for purchase. They will be priced and available for purchase when the entire series is complete, target date Spring 2024. A book including images of the media studies for these works with accompanying poems and information about the series is for sale. Limited Edition prints of "DREAMSCAPES VOLUME I: FROM PILLOW TO DRAWING BOARD" are available for \$100 +tax. Thank you for visiting.

Always,  
Larissa

Have a comment, question, or complaint? Submit your Letter to the Editor by mail or email at the contact below. Submissions that include name and (return) contact information will be printed. Your contact information is for my information. Neither your personal contact information or last name will be printed. Depending on the nature of your letter I may or may not publish a response. Only submissions that can be verified with contact information will be printed.

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# 1UV MONTHLY

JANUARY 2024

## 1UV QUARTERLY IS NOW 1UV MONTHLY!

### 12 months of Slow Art & Culture...

A New Year means a good time for making changes and there's a lot happening at 1UV. What can I say? I'm prolific. For starters, I've made the choice to take the leap and turn the 1UV QUARTERLY into the 1UV MONTHLY. It's the same publication, just with more content and timely updates on everything 1UV related, whether Events, Art or Slow Culture.

First and foremost 1UV's hours are changing. The Gallery will be closed the first week of January then starting January 8th, 1UV will be open to the public Friday, Saturday & Sunday from 10AM - 6PM and by appointment Tuesday through Thursday, as well as for scheduled special events live Social Mondays (admission fees may apply). The first Social Monday of the year is January 8th (see pg. 34).

Speaking of Slow Art...check out the Events scheduled to celebrate Slow Art Day 2024 in Saratoga this April. (See pg. 6) Get your tickets now!

Art is expensive. You don't need to break the bank to support 1UV Gallery Studio. Now you can show your support by becoming a 1UV a Kind Patron/Matron. (See pg. 32&3)

Something else I am excited to begin sharing with you is the addition of Featured Fiction starting with this issue of 1UV MONTHLY. Last Fall I completed the manuscript for my 7th novel, a work of fiction called: *The Shifting Light*. Finding publishers is a challenge for writers. So many people out there write fiction and with the rise of AI content outlets for actual people engaged in the creation of literature are even fewer, particularly if you don't fit neatly into one or more of the political agenda check box categories of those who dictate the direction of mass media in the public sphere. *The Shifting Light* is the story of Alex, a young widower working in tech, and his attempt to re-enter the dating scene when he meets Emily, a never-before-married hairdresser around his age. I hope you enjoy Chapter 1 and look forward to Chapter 2 in the February Issue of 1UV MONTHLY. Keep reading for another 1UV a kind issue...



## In This Issue...

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# Give Your Tech a Break

## Put your tech away for a minute...

Opening 1UV in Saratoga has been interesting. I have been regularly insulted by folks who seem believe tech jobs are superior to mine in every way. It's nothing new to me. I grew up in a family that was skeptical of my academic pursuit of Art. The one sided myopic nature of the tech world seems to require glasses thicker than the wall of China to correct...and a course in common manners wouldn't hurt either. That being said, folks are very welcome to visit anytime during my regularly posted business hours or by appointment.

In February I will have been open to the public for a year. Up until opening 1UV I had been living in near total isolation for almost ten years because just about every time I went out I was physically attacked. Little has changed in that regard. I just got tired of being held hostage. I keep my eyes open at all times. Since opening 1UV, and being among humanity once more, it has struck me how invasive tech has become. Tech and Social Media are destroying society and people's ability to interact in mutually respectful ways. In my desire to address the problem creatively and ethically I turned to Slow Movement Philosophy (see inside back cover) for insight. There are three ways 1UV is addressing the problem of technology over-saturation. First, there are the social events I offer. Read this publication for information on all events scheduled at 1UV for the months of January (and February).

The second way is with an old-fashioned community bulletin board. The 1UV Bulletin Board is located in the covered alley between 1UV and Darla Cafe at 15472 Big Basin Way. It is accessible for anyone to view at any time and is sheltered from the weather. This bulletin board is financed, installed and moderated by 1UV Gallery Studio for benefit of the Saratoga Community. To have your flier, post card, or business card displayed on this bulletin board it must fit the following criteria:

- demonstrate relevance to Saratoga local community
- be for a local event or business
- non-members of the Chamber of Commerce will have priority
- fliers and business cards must be professionally printed, no hand written notes, letters, signs, or stickers

*(continued on next page...)*



## In This Issue cont...

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- Become a 1UV Affiliated Member Gallery pg. 30
- Fur Babes of Saratoga 2024 Calendar last chance order pg. 31
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Fish Eye View of the CZU: Devil Fish Watched, 16' x 4', oil on board, 9/18/21





are only two conditions to use the 1UV table and chairs:

1. You may not use any electronic devices while sitting there. No phone. No headphones. No video games. No laptop.
2. You must clean up after yourself. Do not leave trash or any kind of mess.

While sitting at a 1UV table, consider these activities instead of looking at your phone or other electronic device:

- Write in a journal.
- Draw in a sketch book.
- Read a book, magazine or newspaper.
- Enjoy your carry-out from any of the eateries.
- People watch.

The goal of this policy and these suggestions is to

encourage folks to slow down, and disconnect from technology so they may reconnect with themselves and humanity in general.

I Love sitting at the table and chatting with folks that wander by. I'm also amused, albeit saddened as well, to watch folks read the rules and struggle with putting down the phone in their hand. I invite you to stop by and take a break from all the tech and see what happens. It certainly isn't going to hurt you. ■

- not be a sticker
- fliers must include event/business title, date, location, cost (if any), contact name and information
- no pornography or pornography services
- fliers advertising teen businesses (ie. babysitting or dog walking services, etc..) or youth events must be submitted in person with a parent or guardian for posting
- no larger than 8.5"x11"
- MUST be in English

Items for posting are accepted in person during regularly posted hours or via the mail slot on the 1UV front door. Leaving items in the mail slot does not guarantee a spot on the board. Space on the board is first come first serve. Items posted without permission are removed regardless of whether or not they fit the criteria and the person or organization being advertised are banned from future posting. All approved items for posting are placed on the board by 1UV staff. This policy is to ensure a tidy, effective, and relevant bulletin board.

The third way I have addressed technology over-saturation is with tables and chairs for community use. Yes. YOU are welcome to sit there for up to two hours free of charge. There



These table and chairs are the property of 1UV Gallery-Studio. Yes. YOU are welcome to sit here for up to two hours free of charge. There are 2 conditions to use this table and chairs:

1. You may not use any electronic devices while sitting here. No phone. No headphones. No video games. No laptop.
2. You must clean up after yourself. Do not leave trash or any kind of mess.

Consider these activities instead of looking at your phone or other electronic device:

1. Write in a journal.
2. Draw in a sketch book.
3. Read a book, magazine or newspaper.
4. Enjoy your carry-out from any of the eateries.
5. People watch.

Whatever you do...have a 1UV a kind day.

-Larissa





## SLOW ART DAY 4/13/24 1PM to 3PM @ ManyFriends

FEATURING ARTIST: Larissa

ManyFriends Brewing Company is a safe, fun, respectful, playful place to meet new friends with interesting backgrounds, each with a different story to share.

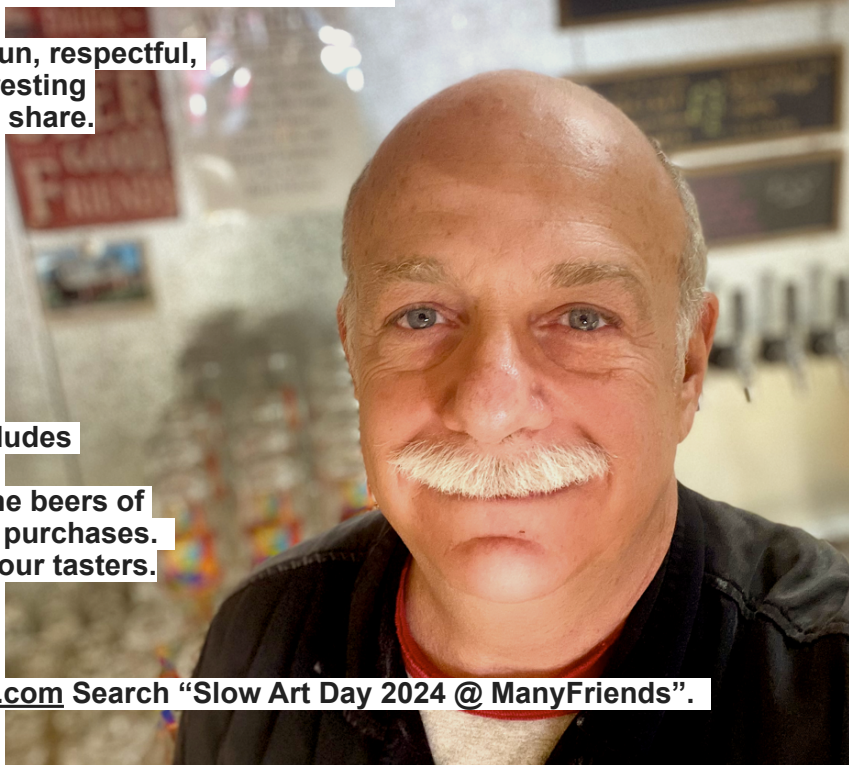
Come, enjoy each other!

Located smack in the middle of the Historic Village of Saratoga California, ManyFriends Brewing Company makes small-batch, premium craft beer to share with your quality friends.

Your ManyFriends Slow Art Experience includes Slow Art viewing and conversation with featured Artist: Larissa, (4) 5oz tasters of the beers of your choice, plus \$2 off any additional pint purchases. Please arrive 5-10 minutes early to select your tasters.

Ticket Price: \$35

Tickets available online at: [www.eventbrite.com](https://www.eventbrite.com) Search "Slow Art Day 2024 @ ManyFriends".



## SLOW ART DAY 4/13/24 10:30AM to 11:30AM @ 1UV & 11:30AM to 12:30PM @ Hong's Gourmet

Hong's Gourmet is a popular Saratoga staple and example of some of the BEST fresh, home cooked Chinese food for both meat eaters AND vegetarians the Bay Area has to offer.

Located at 14510 Big Basin Way in the Saratoga Village Square, Hong's is open seven days a week for lunch and dinner.

Your Hong's Gourmet Slow Art Day ticket includes Slow Art viewing at 1UV Gallery Studio (14572 Big Basin Way Unit F) and (\$25 towards your) lunch and conversation with the artist at Hong's.

Ticket Price: \$35

Tickets available online at: [www.eventbrite.com](https://www.eventbrite.com)

Search: "Slow Art Day 2024 @ 1UV Gallery Studio & Hong's Gourmet".





**Stop by 1UV on February  
14th between 5PM & 7PM  
for refreshments &  
conversation to celebrate**

**1UV's 1 YEAR  
ANNIVERSARY!!!!**



Black Friday Jacket #14 (plus size) \$350+tax

**SCHEDULE A CREATIVE CONSULTATION TO ORDER A CUSTOM  
1UV A KIND BLACK FRIDAY JACKET FOR YOURSELF OR  
SOMEONE SPECIAL. NOW AVAILABLE FOR PLUS SIZES .**

**See Page 33 to learn how to schedule your Creative Consultation.**





## ENJOYING 1UV MONTHLY?

**Sign up for the 1UV  
bi-monthly e-newsletter.**

To sign up, email [larissa@1uvgallerystudio.com](mailto:larissa@1uvgallerystudio.com) with your request to be added or add your email to the sign in book next time you visit in person.

## HAPPY BIRTHDAY TO LARISSA!

**ON JANUARY 23RD I TURN 45.  
I AM PROUD OF EVERY DAY I HAVE  
SURVIVED. THEY SAY WHAT  
DOESN'T KILL YOU MAKES YOU  
STRONGER. IF THAT IS TRUE I  
MUST BE AMONG THE STRONGEST  
HUMANS ON EARTH.  
STOP IN 1UV AND SHARE WITH ME  
YOUR STORY ABOUT A TIME YOU  
SHOULD HAVE DIED BUT  
SOMEHOW SURVIVED.**

See pg. 14 for information on how to purchase an ad celebrating your or your loved one's birthday or milestone.

## CHECK OUT THE 1UV BLOG: CRITICAL THOUGHT

[www.1uvgallerystudio.com/blog](http://www.1uvgallerystudio.com/blog)

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

**Do you live in Santa Clara or Santa Cruz County and have a FREE independent blog or podcast? Submit your blog or podcast for a FREE listing in the next issue of 1UV MONTHLY. Email [larissa@1uvgallerystudio.com](mailto:larissa@1uvgallerystudio.com).**



**DREAMSCAPES Volume I**  
**From pillow to drawing board a poetic exploration of my dream world**

**Available for purchase  
ONLY at 1UV - \$100 + tax**

This (limited print) book features original poetry and images of the studies for my in-progress oil painting series: **Dreamscapes. Volume II** featuring images of the finished paintings and more original poetry due out November 2024.



# 1UV COLUMNS & CLASSIFIEDS

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

**The views of Contributing/Guest Authors, Advertisers and Larissa are not necessarily shared. 1UV MONTHLY supports, practices, and advocates The First Amendment of the US Constitution.**

## SARATOGA POOP SCOOP

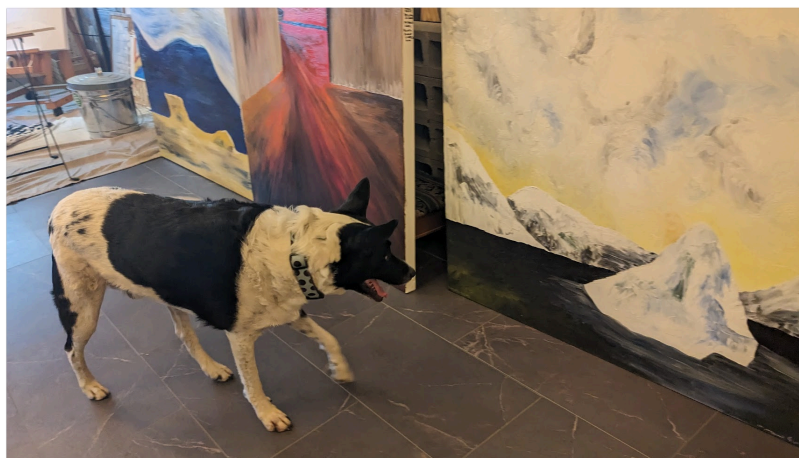
A column for the Dogs of Saratoga & their People

### ART IS FOR THE DOGS TOO...

Photo left: Gunner, the Border Collie mix looks at each painting carefully before choosing his favorite and laying down.

My favorite visitors to 1UV are the ones with fur or feathers. It is true. The animals love looking at the Art. So many doggies drag their people in to 1UV. No. It's not because I have dog treats...I mean I do, but those are relatively new and dogs were dragging their people in long before I got a big jar of freeze dried beef liver treats. Little birds have even stopped in on many occasions to have a look at the paintings.

They say dogs can not see the same spectrum of color we humans see. But they see something and like cats they also see some things that we don't. I was thinking of this the other evening while watching a short documentary featuring ancient Greek and Roman statues with an image overlay of the theorized original color that has worn away over the centuries. Techniques to assess the original colors vary from use of XRF and X-ray radiography to ultra



violet light to chemical analysis of deposits of pigment left that are invisible to the human eye. Just because we can't see something doesn't mean it isn't or wasn't there. Who knows what my paintings actually look like to the dogs that visit 1UV, but they along with the little birds most certainly look and have an opinion.

When Miss Kitty Pants (our first kitty) was still living she loved to give me her opinion on my projects. At the time I was making a lot of Art quilts and would lay my pieces out on the floor when I was in the design process. She would lay on the parts she liked best and purr. She even picked the fabric I used to make her Christmas stocking. I had three choices laid out and asked her to pick one. She looked at all of them before she chose a leopard print flannel...most appropriate for a confident kitty who had been rescued as a teen mom from an old barn being torn down in the Santa Cruz Mountains.

The photos above and left feature a Border Collie mix named Gunner who likes to visit with his fur-momma, Teresa Wu. Gunner was visiting to have his photo taken for the calendar. I asked him which painting was his favorite. He carefully looked at all of them before laying down in front of **Dreamscape #1**. I think he looks quite handsome with the painting. Art has the power to move all Beings at the level of the spirit. Bring your fur-babe in to see the Art at 1UV and see for yourself. ■







Giovanna Fiorenza standing behind the bar while her father, Raffaele chats with long-time regulars: Bob Oliveri & Chuck Putney at Florentine, Summer 2023

## LIMITED PALLET

### A lacto-ovo vegetarian centered column

#### SPOTLIGHT ON THE SERVER:

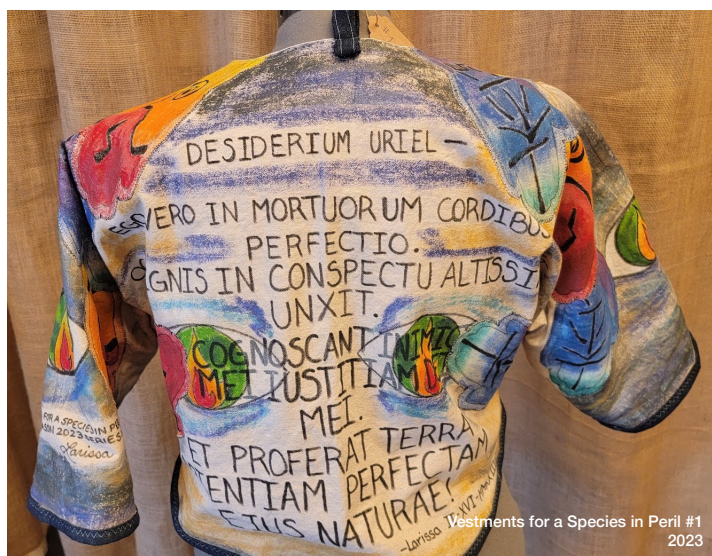
#### GIOVANNA FIORENZA of FLORENTINE TRATTORIA (14510 Big Basin Way #11)

In early September I sat down with Ms. Giovanna Fiorenza at Florentine. Giovanna is the daughter of Raffaele and Elena Fiorenza, owner(s) of the family style Italian eatery. Waiting tables is not an easy job and not everyone can or should do it. It's about more than delivering food to a table. Waiting tables is about making people comfortable and welcome. Few things are as intimate as what a person chooses to put in their body. Nourishment is about more than the nutrient value of a food. It's about how a person feels as well. Choosing a restaurant to have a meal is as much about feeding the soul as it is the stomach. For many Americans Italian food is a comfort food. Pizza and pasta are something just about everyone can agree on. A pizza can be easily

made vegetarian or even without cheese if you so desire.

Giovanna enjoys working at the restaurant and has early memories of hiding under the counter as a small child. Working with her family genuinely makes her happy and she tries her hardest to keep the people at the tables she serves happy. Her favorite part of the job is taking an interest in and getting to know the patrons and she hates it when it gets too busy and she needs to rush. Currently Giovanna is studying business and economics at West Valley College and hopes to continue her studies at a university in Arizona. After that she's ready to start taking over responsibility of the restaurant from her Dad. I asked her what, if anything, she might change or add to the restaurant. Her concerns were for making the menu as authentically Italian as possible and maybe introducing some live music to the mix. Next time you get a hankering for some old fashioned family time stop in for a fresh baked pizza or pasta and say hi to a future restaurant owner. ■





## LIVING POETIC

### A column for original poetry

*The following poem is from **Vestments for a Species in Peril #1** (photo above), an original 1UV a kind garment I made as part of my 2023 Lenten Art series.*

Uriel's Desire for Freewill -

I am in fact in the completeness of the hearts of  
the dead

With eyes of fire in the Presence of The Most  
High Anointed

May my foes know the justice of my God

And may the Earth bring forth the wisdom of it's  
perfect nature

Desiderium Uriel -

Ego vero in mortuorum cordibus perfecto

Oculis inis in conspectus altissimi unxit

Cognoscant inimici mei iustitiam Dei mei

Et proferat terra sapientiam perfecta ius naturae

## NATURAL BEAUTY

### A column on body aesthetics

#### SILK STRONG NAILS

My senior year of high school (95-6) I began waiting tables. This is a job I did lucratively throughout college. Something I learned early on was the more neatly manicured your hands were the better your tips became. So, going to get your nails done was a good investment, and I began getting acrylic nails with the other women I worked with.

For years (decades) I wore acrylic nails. My natural nails are and always have been thin and bendy. They peel and tear easily and in general look stumpy. My hands are small and my nail beds are tiny. Acrylic nails allowed me to have long strong nails that I had never had before. Eventually I gave up getting acrylic nails because it was an extra expense for a vanity that wasn't in the budget. I wasn't waiting tables anymore and I didn't feel it a necessity. A few years passed and I decided to get acrylic nails once again. Going to the salon was relaxing and I enjoyed the experience and the polished feminine effect. But then something happened....well, two things happened.

First I had a severe allergic reaction to the acrylic. Every single one of my nails blistered and fell off. My hands looked diseased and ugly and I was concerned my natural nails wouldn't grow back at all. It took some time, but they did, thank goodness. While waiting for my nails to grow back the second thing happened. I reflected on the acrylic nails. If I was honest with myself they were not in line with my personal values and ethics. They were plastic. They were toxic for me, the technician applying them, and the environment. I didn't want acrylic nails anymore...but I still wanted my hands to look polished, tidy and feminine.

I did some research on the history of nail salons in the US. Nail salons rose in popularity because of one woman, Miss Tippy Hedren, most famous for her role in Hitchcock's *The Birds*. She liked having flawless nails and achieved this with silk wraps. At the time, Vietnamese people were first starting to emigrate to the United States in large numbers. Many worked in service industries. Miss Hedren taught a few Vietnamese women how to do silk wrap nails for her. After that the nail salon business spread across the United States and is strong to this day. What's hard to find are women who know how to and are willing to do silk



wrap nails. It takes longer, requires more patience and skill to do than acrylic or gel nails and is more expensive. It's considered old fashioned. BUT...if you can find someone who knows how to do it, it's worth it.

The allergic reaction I experienced from the acrylic nails is not rare. It happens to many people. Acrylic isn't natural at all. It's plastic and does not breathe creating a space for bacteria and fungus to grow easily. Plus the plastic that is removed when you get a fill are tiny particulates that ultimately end up in the water supply as micro-plastics. Silk nails on the other hand are entirely natural. The silk is a natural fiber that is known for it's strength and breathability, and nail glue, like super glue, is made of rendered animal products (hooves, bone, etc...) Super glue was originally developed as a tool for military EMTs to use in the field to close wounds.

A silk wrap is done by wrapping the finest silk around the natural nail and gluing it down. Once dry it is then filed and buffed smooth and can be painted. The result is a super strong nail shaped like your natural nail grows because it is thinner than acrylic, more flexible and breathable. I have also found that my silk wrap nails, so long as I don't let them grow too long, are stronger and last longer than the acrylics ever did with little to no lifting. It's well worth the extra \$10 to



Silk used to wrap nails.



Karen glues the silk to my natural nail.



Polished silk wrapped nails.

\$15. In the end it's a better looking product that is better for the health of you, the technician, and the environment. In my opinion, anything that is as toxic as acrylic and gel nails has no business calling itself beauty of any kind. Silk nails are a no-brainer.

Finding a silk technician can be challenging. Silk takes skill. In downtown Saratoga, Karen and Jessica at Saratoga Nails both do silk nails. In Campbell, May at Magic Hair & Nails does silk nails. And in Capitola Becky and Hannah at Tiffany's Nails do silk. If you have thin nails like me and want long strong feminine nails, give it a try. If you've been getting acrylic or gel or any of the other plastic product nails, give it a thought. Do you really feel beautiful with all that plastic polluting your body and the water? Trust me...Once you go silk you'll never want anything else. ■





## RECYCLE YOUR WORN-OUT YOGA PANTS

You know you can't wear them anymore and still respect yourself. No one wants them and throwing them in the trash creates a huge hazard in landfills.

What are you gonna do?

WASH THEM in hot hot hot water and bring them to 1UV on Saturdays between 10AM and 6PM. Larissa recycles worn out yoga pants and maxi skirts.

Lokah samastah sukhino bhavantu.

Om shanti shanti shanti.

Om nimah shivaya.

Namaste.



**JANUARY 12TH**

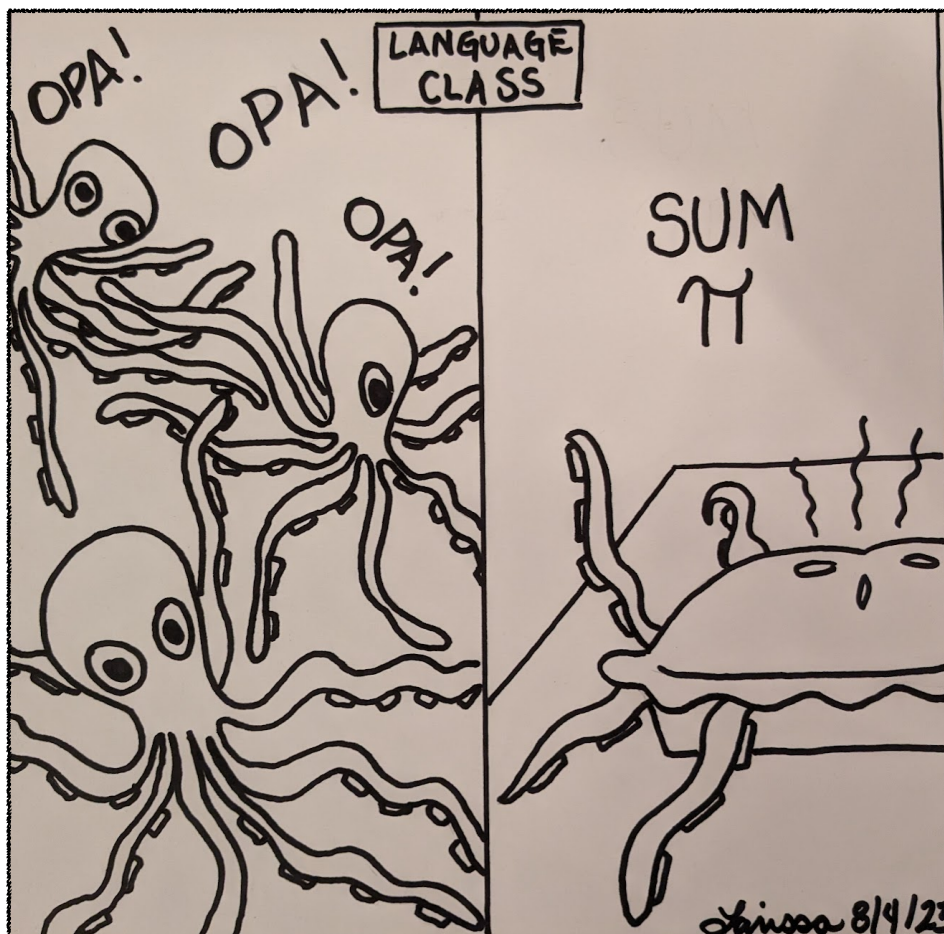
**HAPPY 6th BIRTHDAY TO  
BISHOP BRODY PANTS**

Larissa & Omar's Border Collie



**Pssst...Hey Baby.**

**It's octopuses, not octopi.**





# PICTURE YOUR ADVERTISEMENT HERE!

## Size A - full page

Advertise your business, event, milestone, or other announcement in the 1UV MONTHLY. 1UV MONTHLY is a FREE, NEW, old-fashioned (aka SLOW) print independent Art & Culture publication – written, edited by 1UV in Saratoga, distributed locally and in surrounding communities on a monthly basis.

### PRICING:

SIZE A (full page) - \$200/\$175 patron

SIZE B (1/2 page) - \$100/\$90 patron

SIZE C (1/4 page) - \$75/\$65 patron

SIZE D (1/8 page) - \$50/\$40 patron

SIZE E (1/16 page) - \$30/\$20 patron

BACK COVER - \$550/\$400 patron

### DEADLINES:

Jan. Issue - Nov. 1

Feb. Issue - Dec. 1

March Issue - Jan. 2

Apr. Issue - Feb. 1

May Issue - March 1

June Issue - Apr. 1

July Issue - May 1

Aug. Issue - June 1

Sept. Issue - July 1

Oct. Issue - Aug. 1

Nov. Issue - Sept. 1

Dec. Issue - Oct. 1

To inquire about advertising in the 1UV MONTHLY email [larissa@1uvgallerystudio.com](mailto:larissa@1uvgallerystudio.com) or stop in 1UV Gallery Studio in person to talk with Larissa. Ads for real estate listings are not accepted. Real estate services are OK. 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. Enjoy a 1UV a kind advertising experience. Payment accepted in cash, check or credit card at 1UV Gallery Studio.

SUBMISSIONS FOR POETRY, LETTER TO THE EDITOR, SHORT FICTION, CARTOONS & GUEST ARTICLES FOLLOW THE SAME SUBMISSION SCHEDULE AS ADVERTISEMENT. IT IS FREE TO SUBMIT YOUR (ORIGINAL) WORK. PLAGIARISM WILL BE REDACTED. PUBLICATION IS AT THE PREROGATIVE OF 1UV. IF YOUR SUBMISSION IS ACCEPTED YOU WILL BE NOTIFIED. SEND ALL TEXT IN THE BODY OF YOUR EMAIL ATTACH CARTOONS IN JPG FORMAT TO YOUR EMAIL.





We are burying ourselves alive in textiles and other materials. Shopping is still fun and “new” items are still needed. Let’s re-think shopping. Bring (up to) 5 items of clothing, shoes, accessories from your or your loved one(s) wardrobe that are clean and still in great shape, AND/OR interesting Arts/Crafts supplies you’d like to pass on and trade with others. Find new treasure for yourself or your loved one(s), save some money and consume ethically.

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

**Let people know you are going and tell your friends to come too.**

1UV MONTHLY is seeking:

- Regularly Contributing Columnists/Writers
- Professional Figure Models
- Independent Acoustic Musicians (not vocalists)

Call (408) 647-2518 to schedule an in-person interview. Compensation will be discussed at the interview. These positions are part-time contract positions.

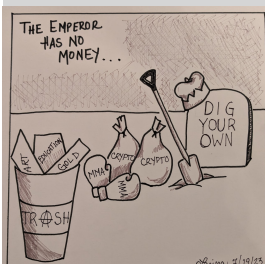
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 408-515-6682  
[manuelcha84@yahoo.com](mailto:manuelcha84@yahoo.com)  
 Manuel Chavez  
 miabella  
 expert tree service



## FABRICATION TECHNIQUE & METHOD

### TWO SIDES TO EVERY COIN

In the last issue of 1UV  
[QUARTERLY] I included a



cartoon about crypto-currency and the modern economy.

Take away from it what you wish. Ten years ago I saw the rise of the popularity of crypto in my New Year's card reading. Seeing its potential to become popular is not the same thing as endorsing it's use or believing it is a good thing. You can acknowledge the existence of a thing and not like or agree with it. Sometimes I need to remind folk of this when I read the cards. Just because I see something does not mean I am making a recommendation. It is up to you as an individual with Free Will and a Conscience to make choices for your own self interest. My personal perspective is that crypto will never be as powerful as commodity based coin because it only exists in the most abstract of forms in a space that can only be accessed under the very specific conditions of a server-generated and maintained reality. If and when the space created by

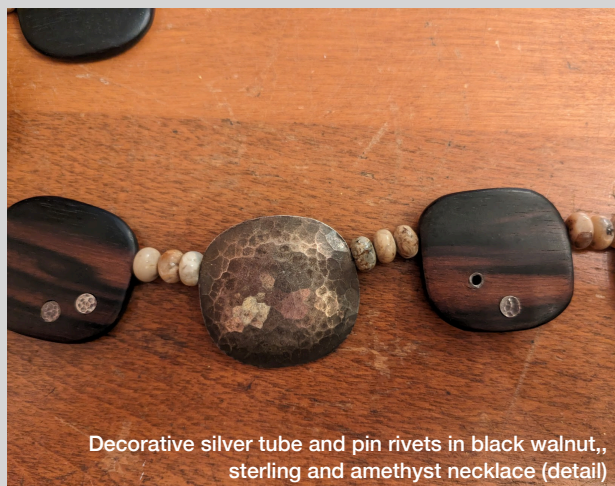
computer servers is no longer accessible due to environmental and social collapse crypto currency will be as useless as our laptops and cell phones. This perspective is in and of itself a compelling argument in favor of Art collecting as a mode of investment. But I digress...

Considering the nature of crypto currency and the culture that supports it (billionaires with nothing better to do than shoot things into space, do secret psychological tests on an unsuspecting public, or pretend to be martial arts professionals and beat the crap out of each other for ego and sport) I don't want to touch it with a ten foot pole. It's not a real thing. It's made up bullshit that only serves the already obscenely wealthy. Around the time that I was working on the cartoon (upper left image) for the last issue I also had the opportunity to see some ancient coins at a local antique dealer. The whole thing got me thinking about how currency is "coined" and the history of such fabrication. The tools featured in the image at the top right are a small riveting hammer and a



Small riveting hammer and bucking plate

bucking plate. This hammer is used to secure both functional and decorative rivets in non-ferris metal work, like the necklace I made in the photo bottom right. Tube or wire is cut to be just slightly longer than a corresponding hole is deep. Then one side of the wire or tube (soon to be rivet) is placed against the steel bucking plate.



Decorative silver tube and pin rivets in black walnut,, sterling and amethyst necklace (detail)



The smith uses the cross-peen side of the hammer face to strike the wire to begin to stretch the metal. The force of the cross peen forces the metal to move perpendicularly to the peen when struck. After striking a couple times at 90 degrees the piece is turned over and the process is repeated on the other side with the first side against the bucking plate. The bucking plate acts as a second hammer face. The force exerted upon the top of the rivet is reflected back by the face of the bucking plate as if the metal were being simultaneously struck by two hammers at once from opposite sides. After the cross peen has begun to set and stretch the rivet, the round face of the hammer is used to strike the rivet. The round face exerts force at 360 degrees and that force is also reflected by the face of the bucking plate. Eventually the rivet is stretched to fill the hole snugly so it will not fall out.

There are many different types of hammers for different applications. The top image is of the face of a larger riveting hammer that I modified to become a forging hammer. I filed the round sides of the face into a square changing the application of the force upon striking. A round face exerts force at 360 degrees while a square face exerts force at 90 degrees. So a square hammer will stretch metal in a long way when you strike. I used this



Forging hammer

forging hammer to forge delicate silver tapers for jewelry and spoon handles. The forging hammer is used with an anvil as opposed to a bucking plate. Both the anvil and the bucking plate work in the same way, acting as

a second hammer face doubling the force of each individual strike. Some call the bucking plate a “bench anvil”.

The hammer in the photo below is a chasing hammer with a ball peen. The ball peen can be used to strike the metal of the piece you are fabricating directly while the large flat round face of the chasing hammer is used to strike other tools, like the wood chisels and center punch in the photo. A chasing hammer is also used when stamping decorative design or in producing repousse and chased works. Repousse and chased work create a bas relief effect on sheets of metal.



Chasing hammer with wood chisels



Ancient coins were hammer formed using a hammer that looked similar to the planishing hammer in the photo center. A planishing hammer is used to create the textured surface like the one on the silver component of the necklace in the photo from page 15. A planishing hammer has a rounded face and a flat face. Both faces are circular and exert force at 360 degrees upon strike and are used against a steel bucking plate, anvil, stake, or mandrel.

The hammers used to make coins were shaped much like this planishing hammer but the

face of the hammer would have a reverse imprint of the coin to be made. There would be a corresponding steel stake with a reverse image of the second side of the coin to be made. The stake would be secured in the block of an anvil or in a mount on a tree stump. A small dead soft metal blank would be placed on the stake over the imprint and then be struck with great and accurate



Planishing hammer

force by the smith with the face of the hammer - forcing the metal into the recessed grooves of the stake and the hammer face. The resulting strike formed the coin. This technique could also be used to create religious medallions or other pendants as well.

Today coins are milled, a more elaborate and mechanized

process that can produce many coins at once, as opposed to striking each coin one at a time. Either way, whether struck or milled, a metal coin is a real commodity that can be held, counted and traded whether there is electricity fueling a computer server or not. Coin is a real thing. Crypto is not.

What is still amazing to me is how ancient humans figured out how to temper the different alloys to create the tools they used to make their coins and how detailed those coins were. Occasionally the hammer faces used to strike ancient

coins are found at archeological sites. In 3,000 years what evidence of crypto currency will be left for future human species to find and marvel over? None. All that will remain will be piles of garbage made by the tech industry. Put your phone down take off your ear buds and have a human experience. Pull a penny out of your pocket and consider both sides. ■



## MINDFUL MATTERS

### The Politics of Cultural Pathology in the US

In the early 2000's I was living in Santa Rosa, California. We had just purchased our first home and I was seeking ways of being accepted into the community where we were paying taxes. Ultimately I learned in California how much tax you pay means nothing. In fact, the people who have lived here longest frequently pay the least taxes and expect everyone else to pay for them...but that's an article for another Issue. So...In my quest for community involvement I ended up doing a lot of volunteer work and organizing.

The church I was attending at the time embraced a group called The Industrial Areas Foundation (IAF). The group, based out of Chicago, Illinois, claims to be a grass roots inter-Faith organizing institution seeking to establish common ground issues for social change/empowerment in communities in transition. They are the organization that got Barak Obama elected. They are not all they present themselves to be. I learned the hard way.

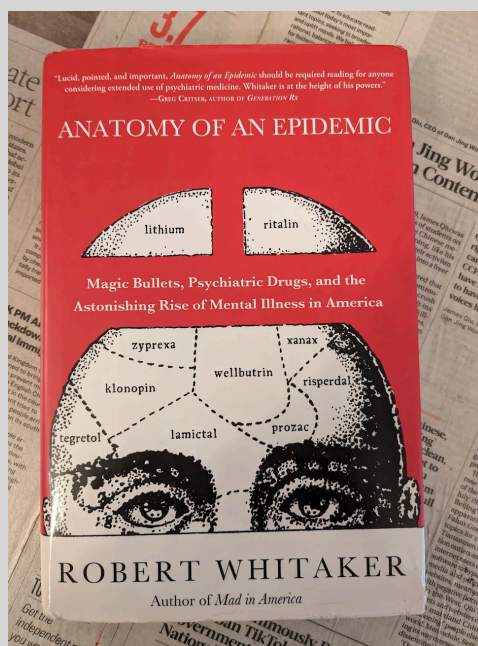
The organization identifies communities where industry has abandoned due to lack of financial viability usually due to an aging population. Then they set up shop and stir the pot to prime the area for their political agenda. They hook people into joining by appealing to their ego; telling them they are being trained to be "leaders" in their community. Then they provide topics/issues chosen by the organization to "organize" around using the Saul Alinsky method. Taken on face value this doesn't sound that bad...until you consider the context and attend the cult-like training.

The organization is funded almost entirely by Catholic Charities. It is important to note that Catholic Charities can not give support, financial or otherwise, to any group or individual without Vatican approval. As such, any organization that receives support from Catholic Charities is by default Anti-Choice. But even this point

is a side story here. I only mention it for your information and to establish the environment of the events detailed in this article.

The IAF came into Santa Rosa with three "issues of common interest" for its member institutions to organize around. One of them was "mental illness". Going to community events that focused on the mental illness "issue" I was increasingly concerned over the way people's stories were being presented and exploited. Members were being encouraged to tell stories about supposedly mentally ill loved ones in public forum. These stories had been pre-chosen by IAF staff and re-written as a script for the story teller who was identified as a "community leader" for sharing their story...a story that wasn't really theirs to tell. It was a public shaming of a person who received medical treatment — medical treatment that in most cases is unfounded and whose pharmaceutical genesis lay almost entirely in the "research" conducted by the NAZIs on Jewish and Romani prisoners.

In his book, *Anatomy of an Epidemic*, Robert Whitaker details his disillusionment of the psychiatric pharmaceutical industry and the US medical establishment once he learned how Thorazine, the Adam and Eve of all psychiatric pharmaceutical drugs, was made.



During WWII, the NAZIs ran out of fuel and tried to make their own. The resulting product did not work as a fuel and they had a lot of it. So they were seeking another use for the otherwise enormous waste of resources. They decided to start pumping specially chosen internment camp prisoners full of the stuff. Once the war was over and the spoils were divided among The Allies, the US got the results of the "research" conducted by NAZI doctors. Thorazine was a by-product of the NAZI's failed attempt at making alternative engine fuel. The drug was tested for two months on returning US GIs and Americans held in mental institutions. From that point on modern pharmacology and treatment of psychiatric disorders was born.



Not only were modern psychiatric drugs derived from NAZI crimes, but so were methods of diagnosis and classification. Suddenly cultural practices of marginalized ethnic groups were designated as symptomatology and evidence of mental illness. The DSM continues to grow. According to its pages, among other absurdities, being “too creative” is evidence of mental illness.

Once a person is given a diagnosis of mental illness they can have their right to personal autonomy taken from them and be administered any drug or treatment a doctor deems useful. Under the Obama Administration HIPPA was gutted, allowing the government access to patient records at will with no warrant or trial. The Affordable Care Act (aka Obama-care) connects all medical records digitally and criminalizes those who can not afford to or do not wish to buy in. As long as you are pleasing to the government you have no fear of being labeled “mentally ill”. If you, however, are a person who the government disagrees with, you can arbitrarily be labeled with some mental illness and have your rights stripped —you are fair game to be locked in a concrete room, held down by a fat nurse and stuck in the butt with a needle full of a test drug by a doctor who views you as sub-human by definition of the DSM and/or their own personal bigotry.

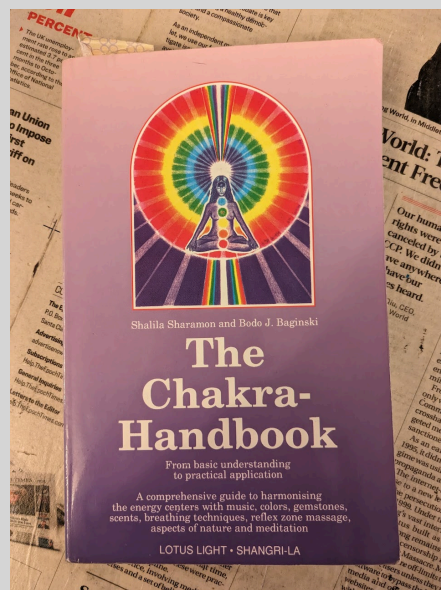
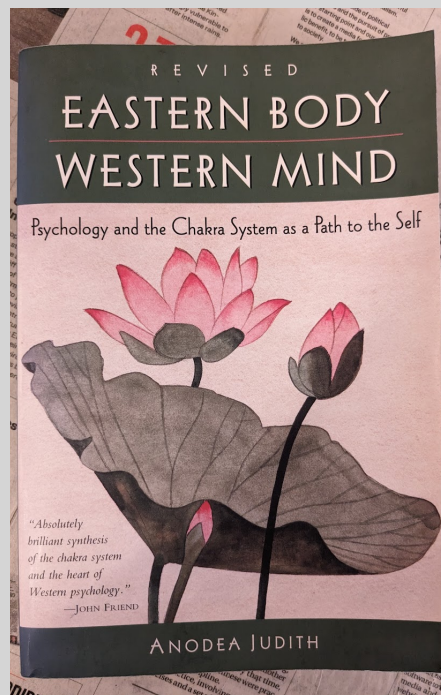
This is not a conspiracy theory. When I turned away from the organizing agendas of the IAF, Progressive Democrats of America, National Labor Federation, Oakland Police Department, and

the Cursillo Movement (due to the right of my Conscience), they did it to me. I didn’t serve their purposes anymore. Whatever the drug was that they gave me I nearly died. I convulsed for hours on a plastic cot alone in a dark empty room and when I woke I could not see, feel my legs, talk, and had to drag myself along the floor and up the wall to be able to walk. This was just my personal experience but it was a model for the larger application of COVID policies, and requirements. I still have side effects from the drug they tested on me and I have no mental illness.

Now remember, Obama was elected because of the IAF and the IAF is funded by Catholic Charities which is over-seen by the Vatican... and NOW women across the US are fighting to maintain autonomy over their own bodies. The government is telling you your kids are mentally ill after having locked them up in near isolation for over 3 years. The State of California wants you to call a government hotline to tell them when you are at your weakest while the federal government is subsidizing pharmaceutical companies that want to sell you and your kids drugs with lists of side effects longer than your arm that are far less effective in many cases than cannabis, yoga, meditation, or even a walk in the park.

Freud is not the Godfather of psychology. Jung and Ericson aren’t either...nor any other pop-psychologist. The Vedas have addressed issues of psycho-spiritual imbalance for centuries. I highly recommend the books Eastern Body Western Mind by Anodea

Judith and The Chakra Handbook by S. Sharamon and B.J. Baginski. Read them for yourself and make your own choices. Being Pro-Choice is about so much more than a single medical procedure. ■



**Disclaimer: I am NOT a licensed medical professional. I am a certified Reiki Master/Teacher and a person who engages critical thought. This is my actual lived experience.**



# FEATURED ART & ART OBJECT

Images of work exhibited @ 1UV | designed & fabricated by Larissa



## **Dreamscape #6**

40" x 40" oil on canvas from in-progress series **DREAMSCAPES**  
2023

Featuring pigments: Prussian blue, ultramarine, cadmium red medium, cadmium orange deep, ivory black, titanium white, yellow ochre, burnt umber

**Not yet priced. Pricing will be available once the series is complete, target mid-2024**





## Creepy Baby Jewelry

Earrings or earring & necklace sets on collaged antique photo keepsake cards  
2023

Sterling silver, copper, waxed linen, liquor corks, bottle caps, antique lamp work beads, creep plastic babies, antique photos of the Walker family of Santa Cruz, vintage Milton Bradley BINGO cards

**Prices vary between \$60 and \$200**  
**Additional works in the series also available**







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Earrings or earring & necklace sets on collaged antique  
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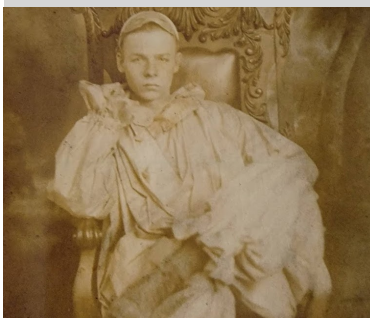
Sterling silver, copper, waxed linen, liquor corks, bottle caps,  
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## DRESSING WITH PURPOSE

### 1UV Clown Suits



In October 1UV honors the ancestors with The Ancestor Sale - 10% off all existing work in the Gallery (not including works/series in progress or custom work). I used this photo (lft.) of my Great

Great Great Uncle Russel to advertise the sale this past October. Russel was a professional circus clown. I don't know which circus he was with. My Grandmother never specified. I just know he was a clown. He joined the circus because he was born with a clubbed foot and in those days if you had any type of deformity you were either locked away or left to die. Many people chose to join the circus because it was a place where they were accepted regardless of physical appearance or ability.

My Grandmother had a slightly clubbed right foot and I was born with my legs severely externally rotated. It is a lingering remnant of the genetics that caused Russel's clubbed foot and though my legs are right side round now, it does cause me discomfort regularly. Both the pain and other experiences of bullying and exclusion in my life make me feel close to Russel.

One of the garments I make is in his honor - my Clown Suits. My Clown Suit is a zero waste/waist garment that is designed to move between seasons and fit a variety of shapes and sizes. The full pantaloons legs of the Clown Suit are reminiscent of the garment Russel is wearing in his photo above. The garment is constructed using all straight lines so there is

zero fabric waste when constructing it and it has a tie to adapt the waist to whatever size the wearer may be. It can be worn alone like a sundress or layered over tank tops, t-shirts, leggings and tights to move between seasons. It is made from machine washable and dry-able fabrics and many feature adornments of antique buttons, lace or ribbons. I have a few I have made for myself that I wear year round. I usually have one or two available for purchase or I am happy to make you your own custom Clown Suit in the color scheme of your choice with or without pockets. See page 33 for information on how to schedule a Creative Consultation for your custom piece. My Clown Suit is comfortable, easy to care for and flattering on everyone. Just look at the photo of Saratoga local, Beverly Hill, rocking her very own Clown Suit! ■

Beverly Hill of Saratoga, CA at 1UV Gallery Studio in her 1UV a kind Clown Suit by Larissa





# FEATURED SHORT FICTION

THE SHIFTING LIGHT | an original work of fiction by Larissa

Dedicated to ManyFriends (Saratoga, CA), Florentine (Saratoga, CA), and the old Dorsey's Locker crew (Oakland, CA).



## A POEM OF INTRODUCTION

Illuminated corners in a round room have their dirt  
 washed clean under crystalline skies  
 Must be a woman that's eating you or maybe you're  
 starving  
 But the right one can be a cool drink for the soul  
 Get a hold of yourself  
 No need to embellish the facts  
 Sometimes a night's rest makes all the difference  
 So what do you want  
 We're way past hand shaking  
 So what do you feel like  
 I got a little money on a couple horses  
 It's not like we owe each other anything, you know  
 I can't believe there isn't something bigger, smarter and  
 more powerful than anything here on Earth  
 Are you kidding  
 Fast moving clouds will always make the light and the  
 shadows dance

## CHAPTER 1

## NUMB

Illuminated corners in a round room have their dirt washed clean under crystalline skies...

The light shifted regularly as Alex lay on his bed, eyes not blinking. This was more than a funk, as his mother had called it when they spoke over the phone the other day but he wasn't sure what he would call it. He didn't feel depressed, or angry, or sad. He didn't feel anything. Nothing. A few days ago he cut his thumb with his pocket knife paring an apple and didn't notice until he stuck the piece of apple in his mouth and tasted the blood from his oozing finger. The amount startled him as it dripped down his wrist and onto his knee. He rubbed his index finger over the pad of his bandaged thumb and while he could feel where the ridge of the wound was under the plastic strip he had no sensation, pain or otherwise in the thumb.



His eyes were starting to feel dry and he realized he'd been staring...no idea how long. He told his eyes to blink with his mind and they did, refreshing the dry surface with a layer of tear. A cloud settled over the horizon outside his window casting a farther dimness over everything in his sparsely furnished and decorated home. Five years ago, when he bought the two bedroom house, he sold the majority of his belongings and decided he was going to live as simply as he could. He told himself he was making a self-improvement by taking a moral and ethical stance towards consumption, but the truth was he wanted as few things as possible that Lana had touched in his life. The items he did keep were mostly packed in boxes in a storage unit half an hour away near his mother's house. Everything else went, including all the furniture and even his clothing, and certainly hers. The only items of hers he kept was their wedding rings and the silk nightgown she had worn on their wedding night. The night gown was folded neatly, vacuum sealed and tucked between his mattress and boxspring below where he lay right now. He placed a couple strands of hair from her comb in the package with the night gown as well. The wedding rings were vacuum sealed and in one of the boxes in storage.

Alex vacuum sealed everything in storage so he didn't smell any scent of her or the short time they were man and wife when he stopped in to check on the unit from time to time. His mother had suggested it after her best friend mentioned to her that's what she had done when her Herman had passed. Watching the machine suck the air out of the bags mesmerized Alex. He found it satisfying to see the air drained from something the way it had been from his lungs when he identified Lana's body at the hospital that night. When they apologized for the loss of the child as well it had been like a sucker punch. She hadn't told him yet. The pregnancy had been just under two months along.

Alex thought of these things as he watch the cloud move and the light spill back through the window over his legs and abdomen resting motionlessly on top of the bedspread. Every now and then he woke in the morning forgetting she was gone and then had to go through the mental inventory of the loss again. It was strange. On those mornings he felt nothing but had no control over the inventory of memories that scrolled through his mind rendering him almost paralyzed for half the day or more.

Alex turned his head to the left to look at the clock on the night stand. It was just past noon. This particular morning he had at least willed himself to get up, make the bed, shower and dress before laying back down to watch the memories float by. They were a lot like the cloud that settled in front of the sun casting dimness then moved. Each memory presented itself like a photo for him to look at in a slide show presentation then moved on making room for the next. The slide show complete, Alex rolled to his side and pressed himself up to sitting with his feet on the floor. He blinked his eyes a few times to quench them before pressing up to standing.

The sale of the four bedroom house in The Hills was more than enough to cover the purchase of his two bedroom in the suburbs with two acres and a pool, and the life insurance payout had covered what the rest of the proceeds from the house didn't and then some. At the urging of his therapist Alex had used some of the money to go on a long weekend retreat for new widowers a couple months after he was settled in the new place. The experience was almost worse than the funeral, in Alex's opinion. He hated men who cried and the other men on the retreat cried a lot. Alex still hadn't wept. It concerned his mother *and* his therapist. He couldn't get a new mother but he quit seeing the therapist when she refused to stop asking him if he had been able to cry over the loss yet. The last time Alex had cried was on his wedding day when Lana started down the aisle. She was beautiful inside and out. The last time before that was when he was sixteen and broke his arm playing football. The bone stuck out of his upper arm and he had needed to get pins to repair it. He had cried out of pain. Now Alex felt nothing. He thought he could break the other arm in the same manner and probably feel nothing.

He glanced out the window onto the courtyard pool and thought he might go for a swim later. The pool was heated and it wasn't that cool out. Sometimes floating in the water could wash the flashback experience from his body and then he could go on with relative normalcy after that. But right now he needed a glass of water and something to eat.

In the kitchen his bowl and spoon from the night before was in the sink. The crusted microwaved remains of the leftovers from the Indian place near town were now unappetizingly fragrant and glued to the bowl. It was going to take some work to scrub that out. He filled the



bowl with water to soak (something he should have done last night) and opened the refrigerator. There was a package of English muffins, some sliced Swiss and turkey lunchmeat. That would be OK. Alex didn't cook. He barely cared about food. Lana had been an amazing cook. Nothing he ate, no matter how expensive and fancy the restaurant, tasted as good as the left over vegetable soup Lana had made the day before for dinner that he had for lunch the day after her death. They had dinner together then she left to go to book club that evening with her girls friends. The old woman who hit her hadn't even been drunk...just too old to still be driving. It happened right in front of Lana's friend's house while she was trying to parallel park. Betsy had held Lana's hand as she took her last breath. Anything Alex ate now was just a means to stopping the unavoidable eventual grumble in his stomach. Unless food was actually rotten or otherwise expired, he didn't care what anything tasted like that went in his mouth.

Alex toasted the English muffin then stacked a couple slices of Swiss and a mound of the turkey and squished it together. Standing and looking out the glass door at the pool in his courtyard he absently stuffed the warm dry sandwich in his mouth and chewed watching the sunlight dance on the surface of the still water. They said you should wait an hour after eating to go swimming. He didn't know why. It sounded like a dumb rule. He would take off his shirt and jump in in his shorts immediately after swallowing his last bite. He kind of hoped whatever bad thing that could befall him for swimming immediately after eating would happen just so he could say "so what". Maybe there was some risk of going into shock and dying. That would suit him just fine. He was just biding his time anyway and no one really cared if he was at work. His code was good enough, but anyone else on the team could absorb his responsibilities easily. He worked remotely and most of the time it was as if he didn't exist anyway.

He stuffed the last bite into his mouth and chewed roughly as he pulled the T-shirt over his head and opened the glass door. The stone patio around the pool was cold under his bare feet. The air had a slight chill. Steam lightly rose from the surface of the heated water. Alex dove in flatly, hands pointed over head as he finished swallowing his sandwich. The water slid along the sides of his body and he could feel the drag through his hair as he approached the other side of the pool touching the wall coming up for air. As the cool air struck his wet face and

shoulders Alex felt a chill go down his spine and smiled at the sensation. At least it was *something* to feel. The bandaid on his injured thumb hung limply from his skin. He tore at it and left it on the edge of the pool. Steam rose from the water around his body. The sun light was bright and the sky a pale crystalline blue. Any of the clouds that were floating around when he was laying on his bed had moved on.

The blinds were pulled on all the glass surrounding the courtyard except in his bedroom and the kitchen. Through his bedroom glass door he could see his bed but the sun was reflecting off the glass door leading back into the kitchen and he saw nothing but reflected light. There was a table and chairs in one corner next to the pool and a potted lemon tree with a few small fruits in another corner. Other than that all Alex could see from his pool was the sky. Bringing his long legs to the surface and leaning back he float on the top of the water. Relaxing every muscle in his body he lay there with the hairs on his chest and tops of his legs standing up in the cool air. He could see the goose-flesh but felt little to no difference to the back of his body submersed in the womb-like pool water.

Soon enough the sun warmed his skin enough that the goose-flesh settled smooth and Alex closed his eyes. Now he could let go of all the morning's imagery and focus on something else. He imagined a plain field of color — a deep inky blue with slight iridescence. Through the blue he imagined bubbles of gold coming to the surface and bursting, sprinkling glittering dust. Then the pattern of numbers began. Sequences rolled across the color field that was now becoming a warm rosy shade of peach. He relaxed his mind further and observed the numbers scroll on in a seemingly endless progression. When he started to nod off slightly the water made its way to his face and woke him. Alex didn't know how long he had been floating, but the light had shifted enough that he could see into the kitchen now. It was time to get out of the water.

Heavy drops dripped off Alex as he hoisted himself out of the pool and onto the stone patio. He squeezed water from the legs of this shorts and slicked his hair back from his face with his hands. Then he decided to just take the shorts off, gave them another squeeze and hung them over the back of one of the chairs and went inside through the kitchen. His long narrow feet left wet prints on the floor behind him as he made his way back to his

bedroom/bathroom suite. The towel from his shower earlier was hanging on the back of the bathroom door adjacent the bed. He grabbed it to begin drying off then decided he wanted to rinse the chlorine residue off first.

After a quick shampooing of his head and body, Alex rinsed off and stepped out of the shower. The mirror on the back of the door reflected the image of himself. It startled him. After Lana died he had lost fifty pounds. At that time he could afford the loss and friends and family told him how good he looked. But after returning from the widowers retreat he continued to loose and was now a good thirty pounds underweight for his lanky frame. Alex ran his hands over his visible ribs and the top crest of his pelvic bone. His genitals hung looking strangely large against his overly thin frame. He didn't like what he saw and tried to remember the last time he had actually looked at himself. He couldn't remember, but now that he thought about it his clothes had been fitting a bit larger lately. He noticed he needed a belt a few days ago with his favorite jeans and had thought they had just stretched out some with age and wear. But that didn't really make sense.

Alex dried himself with his used towel and tossed it in the hamper then dressed. Jeans and a long sleeve T-shirt with a pair of flip-flops. He grabbed his wallet, phone and keys from the night stand and put them in his pockets wondering what to do with the rest of the day. It was Saturday and he had originally planned to get up early, go grab a lite breakfast and coffee somewhere and take a hike along the trails at the coast. But the flashback had altered the day's plan. He was glad it was a Saturday and not a weekday. It had been over a year since the flashback had happened, but there for a while it had been frequent enough that his boss said something to him about the last minute sick days. For a while he felt under the microscope and hesitant to make any kind of trouble. The market wasn't horrendous at the moment, but he was comfortable at his job and didn't really want to need to look for new employment. He wasn't sure what had brought the morning's events on, but he didn't want to think about it too much and end up back on his bed either.

It was now three in the afternoon and he needed to figure out what he wanted to do. Maybe he needed to consider eating more. There was a pizza place downtown not far from the Indian restaurant. They had TVs with international sporting events. On a Saturday there were

always a few groups of dudes out eating pizza and drinking pitchers shouting at the screens. That would be a decent distraction and the beer and pizza were high calorie. Maybe he could start filling out his pants again.

Outside the day was pleasant. Alex stuffed his hands in his pockets and decided to walk into town. It was only a mile and a half. He got to the end of his block and wished he had grabbed his sunglasses, but decided to keep going. He smiled weakly at the people he passed, most of them out with their dogs. Alex had briefly considered going to the pound and getting a dog, but didn't because he had never had a dog before and what if they didn't get along. Half way to town he was standing on a corner waiting for the light to change so he could cross when it occurred to him that if he was going to really try to put on some of the weight he had lost walking to town was counter productive. He'd do much better to drive and park as close to his destination as possible. The thought amused him. Maybe he could eat a large pizza instead of a small one to make up for thins. Or maybe he'd do something he rarely did...get drunk. It wouldn't be irresponsible. He was walking after all and he did actually like beer and he wasn't an unpleasant drunk. On the few occasions he had been drunk with friends they all had commented that he was a charming and funny kind of drunk.

The light changed and Alex stepped off the curb. A woman in an older station wagon drove by. One of her kids in the back seat had unbuckled themselves and was pressed against the window making faces squished against the glass. The woman was screaming. Alex chuckled at the sight. Pizza was sounding better and better...a large with sausage, pepperoni, onion and extra cheese and a pitcher or two of something malty. Maybe he'd get a basket of wings too, he thought running his hands over the bumps of his ribs under his T-shirt as he walked. ■

***THE SHIFTING LIGHT is the novel I wrote in the Fall of 2023. The POEM OF INTRODUCTION is an overview of the novel and not one of the original poems that accompanies the painting featured in the cover Art image (Dreamscape #6). Look for Chapter 2 in the February issue of 1UV MONTHLY.***



## CREATIVE SERVICES

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 private appointment in person at 1UV, by calling 408-647-2518 or emailing [Larissa@1uvgallerystudio.com](mailto:Larissa@1uvgallerystudio.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 Life-force 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 Member Gallery to a listing on the online Member Directory with link to your website, 1/4 page ad in 1UV MONTHLY, 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 networking retreat, etc...).



### Why join?

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, 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**
- **Commit to practicing Slow Business and participate in Slow Art Day annually**

Read all this? Interested?

To apply snail-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 F, 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.





**SO....DID YOU  
MISS OUT ON  
BUYING A  
CALENDAR  
FOR THE  
HOLIDAYS?  
PLACE YOUR  
SPECIAL  
ORDER BY  
JANUARY  
15TH.  
LAST CHANCE.**

USE INK TO FILL THIS FORM OUT IN CLEAR PRINTING & DROP IT OFF IN PERSON DURING BUSINESS HOURS OR THROUGH THE FRONT DOOR MAIL SLOT AT 1UV. (Checks also accepted.)

NAME AS IT APPEARS ON YOUR CREDIT CARD:

CREDIT CARD TYPE & NUMBER:

CREDIT CARD EXP. DATE:

THREE DIGIT SECURITY CODE:

ADDRESS ASSOCIATED WITH CARD:

EMAIL (for order confirmation message):

PHONE NUMBER:

# OF CALENDARS (each @ \$50.00, \$54.57 with tax):

**I SUPPORT SLOW ART & CULTURE IN SARATOGA.**

**I WANT TO BE A 1UV A KIND ART PATRON.**

**BY BECOMING A 1UV A KIND ART PATRON/MATRON I AM ENSURING THOSE WHO VISIT, LIVE, WORK AND/OR PLAY IN SARATOGA HAVE A 1UV A KIND ART & CULTURAL EXPERIENCE BY HELPING TO KEEP THE 1UV MONTHLY IN PRINT AND THE DOORS OF 1UV GALLERY STUDIO OPEN TO THE PUBLIC.**

#### LEVELS OF PATRONAGE/MATRONAGE & BENEFITS:

##### 1UV a Kind Art Neighbor - \$300

Includes invitation to the annual patrons only Equinox Party in September, monthly listing as a patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, and annual birthday card

##### 1UV a Kind Art Friend - \$600

Includes invitation to the annual patrons only Equinox Party in September, monthly listing as a patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, annual birthday card, and copy of the (next) annual Fur Babes of Saratoga Calendar

##### 1UV a Kind Art Family - \$1,200

Includes invitation to the annual patrons only Equinox Party in September, monthly listing as a patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, annual birthday card, copy of the (next) annual Fur Babes of Saratoga Calendar, and two Event Pass Cards

##### 1UV a Kind Art Lover - \$2,400

Includes invitation to the annual patrons only Equinox Party in September, monthly listing as a patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, annual birthday card, copy of the (next) annual Fur Babes of Saratoga Calendar, two Event Pass Cards, two tickets to the NYE card reading, & one free half page advertisement (for your business, event, or milestone announcement) per year in the 1UV MONTHLY

All fees are annual. 1UV is a sole proprietorship so your membership is not tax deductible. Your reward is being part of something historic, building community.

USE INK TO FILL THIS FORM OUT IN CLEAR PRINTING & DROP IT OFF IN PERSON DURING BUSINESS HOURS OR THROUGH THE FRONT DOOR MAIL SLOT AT 1UV. (Checks also accepted)

NAME AS IT APPEARS ON YOUR CREDIT CARD:

CREDIT CARD TYPE & NUMBER:

CREDIT CARD EXP. DATE:

THREE DIGIT SECURITY CODE:

ADDRESS ASSOCIATED WITH CARD:

EMAIL (for order confirmation message):

PHONE NUMBER:

YOUR BIRTHDAY (month & day):

NAME AS YOU WOULD LIKE IT TO APPEAR IN THE MONTHLY:

LEVEL OF PATRONAGE:



## Why Should You Become A 1UV a kind Patron/Matron?

### Art History, Tradition, & Culture

The word “patron” comes from the Latin “pater” meaning father and “Matron” comes from the Latin “mater” meaning mother. In English, the word “patron” means a sponsor or financial backer of an individual, business, or organization. To be a Patron of the Arts is a long tradition with Global roots. For example, the Medici are a family very famous for their patronage of the Arts. Patronage has long been recognized as necessary for the support and propagation of Culture. Here in the United States it has never been more important than right now.

As a melting pot of individuals from varied ethnicities and Cultures of origin, it is important to find and build a common American Culture informed and enriched by the places we have come from to create the place we are together. One way this can be achieved is through support of Art and Artists and making conscious choices about how and why we spend. A specific work of Art may not be the kind of thing you desire or require in your day to day living space but the environment created by and long-term function of that work of Art still serves humanity. Supporting Art and Artists in your local community is humanitarian. It is intellectual. It is noble. It is necessary for the preservation of the history of the times we live in.

I recognize you may not like the aesthetic of my work. That doesn't bother me in the least. This is why I offer the community other services and opportunities to support the existence of my business, 1UV. After all, creative endeavor and exploration is ultimately the record keeper of truth and beauty, the foundation of the Culture we build together for the good of All.

Services and enrichments I have added to this community I pay to have my business include: chronic pain peer group (free of charge), various (sober) intellectual social events for less than the cost of going

to the movies, ReiKi services, creative and spiritual consultation, bulletin board, community seating, space for taking a break from technology, organizing of Slow Art Day events, publishing 1UV MONTHLY, the Fur Babes of Saratoga Calendar, and a point of interest for those visiting the community from out of town. An Art Gallery is an attraction for people to come visit and play and ultimately contribute to the economy of the community. Purchasing a piece of Art is the best and most welcome way to support an Artist, such as myself, but Patronage/Matronage is a close second. A facelift can make you feel younger. A restaurant may feed your belly and a bar may wet your whistle, but Art feeds your mind and soul while enriching the community in which you live, work and play. That's pretty cool if you ask me.

1UV is not a non-profit, so Patronage/Matronage is not tax deductible. Non-profit status requires an elected board. 1UV is a one woman owned sole proprietorship. I am Larissa. I am that woman. 1UV is a California small business. We are an endangered species in California. See pg. 30 for information on the 1UV business model. 1UV embraces Slow Philosophy. See pg. 35 for information on the Slow Philosophy. There are a lot of reasons to become a 1UV a kind Patron/Matron. I offer you this 1UV a kind invitation to support my efforts and build Culture in your community. ■



# JANUARY & FEBRUARY 1UV EVENTS SCHEDULE

## ...JANUARY SOCIAL MONDAYS 1/8 & 1/22...

**8AM - 9:30AM Chronic Pain Peer Circle:** FREE EVENT for those who living with chronic pain.

**1PM - 2:30PM Reiki Drop-in:** doors close at 1:15, socialized dogs welcome, ages 16 to 18 welcome to attend with participating parent, limit 5 participants, \$20 at the door (or 1 Event Pass Card session)

**3PM - 5:30PM Writers Circle:** doors close at 3:15, open to writers of all formats and genre, ages 16 to 18 welcome to attend with participating parent, share your work and receive and offer feedback from peers, limit 4 participants, \$20 at the door (or 1 Event Pass Card session)

## ...Saturday January 27...

**1PM - 4PM Clothing & Art Supply Swap:** Bring up to 5 clean and in good condition items (clothing, accessories, shoes, and/or Art supplies) , FREE EVENT

## ...FEBRUARY SOCIAL MONDAYS 2/5 & 2/19...

**8AM - 9:30AM Chronic Pain Peer Circle:** FREE EVENT for those who living with chronic pain.

**1PM - 2:30PM Reiki Drop-in:** doors close at 1:15, socialized dogs welcome, ages 16 to 18 welcome to attend with participating parent, limit 5 participants, \$20 at the door (or 1 Event Pass Card session)

**3PM - 5:30PM Writers Circle:** doors close at 3:15, open to writers of all formats and genre, ages 16 to 18 welcome to attend with participating parent, share your work and receive and offer feedback from peers, limit 4 participants, \$20 at the door (or 1 Event Pass Card session)

## ...SPECIAL EVENT - Wednesday February 14...

**1UV 1 Year in Business Anniversary Celebration:** 5PM - 7PM stop in for refreshments and conversation

## ...Saturday February 24...

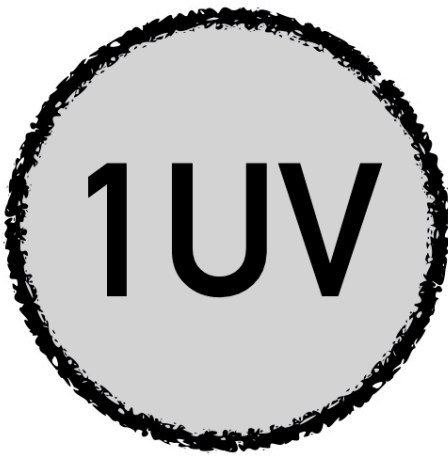
**1PM - 4PM Clothing & Art Supply Swap:** Bring up to 5 clean and in good condition items (clothing, accessories, shoes, and/or Art supplies), FREE EVENT

**8 Session Event Passes for 2024 are available for sale at 1UV at a discounted price. Event Passes are good for the entire year for all events (with a \$20 cover charge). Event Passes are not required for free events.**

**Youth 16-18 year of age welcome with participating parent or guardian.**

**Cover charge includes bottled water and/or soft drink and popcorn.**





### **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...**

...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 Fashion...**

...seeks to bring awareness to the way we create, consume, and dispose of our garments. Unless you buy second hand or directly from the individual who designs AND fabricates the garment ... you participate in Fast Fashion.

### **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, when, and why we consume.

### **Slow Art...**

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

**Do you live with chronic physical pain? You are not alone.**

**8AM-9:30AM**  
**Social Mondays (pg.34)**  
**Chronic Pain Peer Circle.**  
Doors close at 8:15AM.

No RSVP required. You don't need to share your name or anything about how you came to live with chronic pain. All ages welcome. Minors must be accompanied by a parent or guardian. Service animals and personal aids welcome too.

**Agreement to mutual confidentiality is required.**

This is not a gripe session, advice group, therapy, or a place to gather gossip. This is time in an anonymous judgment free zone to give voice to the ways living with chronic pain affects your daily life that persons without chronic pain may never think about. This is not a place to offer feedback or suggestions. Each attendee will write on a piece of paper a specific way chronic pain has altered their life in the last month in a way that has been heavy to carry. The papers will be folded and put in a bowl. Each attendee will pull a paper from the bowl and read what is written out loud. In this way we will maintain anonymity.

This is a time to both hear and make a statement of personal truth.

**This is a free event.**

**THE BACK COVER IS AVAILABLE FOR FULL PAGE ADVERTISING OF YOUR BUSINESS, PRODUCT, MILESTONE OR EVENT. SEE PAGE 14 FOR DETAILS. THANK YOU FOR READING 1UV MONTHLY.**

**HAVE A 1UV A KIND DAY.**

**AS I ALWAYS AM,  
LARISSA**



## 1UV A KIND PATRONS/MATRONS:

- Anonymous 1UV a Kind Art Lover

- Your name or anonymous title here! See page 32 & 33 to learn about the benefits and find information on how you can become a 1UV A Kind Patron of Slow Art and Culture.

# 1UV

[www.1uvgallerystudio.com](http://www.1uvgallerystudio.com)