

AN INDEPENDENT SLOW ART & CULTURE MAGAZINE BY 1UV GALLERY STUDIO OF SANTA CRUZ, CA

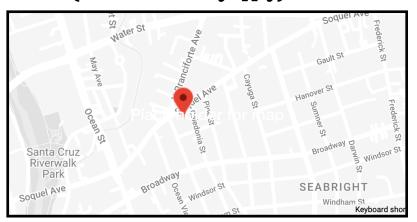
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1UV MONTHLY is written, edited, & published by the multidisciplinary conceptual Fine Artist, Craftsperson and Reiki Master/Teacher, Larissa. Larissa owns 1UV Gallery Studio located at 716 Soquel Avenue, Santa Cruz, CA 95062, where, in addition to writing 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 Thurs. & Fri. 1PM-8PM, Sat. 11AM - 6PM, or by private appointment, as well as for scheduled special events (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 Midtown Santa Cruz, California. Paid advertising and recurring columns relevant to readership 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, see page 40 for details. Request to contribute does not guarantee inclusion for publication. Guest contributions may not include advertising. For advertising pricing see pg. 40 for more information. 1UV MONTHLY is a free periodical paid for and distributed by 1UV Gallery Studio, and supported by paid advertising.

### **CORRECTIONS & REDACTIONS:**

See "Letter to/from the Editor right.

## LETTERS TO/FROM THE EDITOR:

Dear Valued Reader.

I dedicate this issue to all those who love this planet with an unabated passion.

> Always, Larissa

Have a comment, question, or complaint?

Submit your Letter to the Editor at: https://forms.wix.com/f/7154538731884511574

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**

## OF NOTE FEBRUARY 2025

## A LOVING ISSUE

### For Love of the Planet

I have been interested in stewardship of the planet since I was a young girl. In middle school I started an after school club called the Environmental Awareness Association (The EAA). We met once a week after school in a science classroom. Activities included writing a newsletter covering local topics of environmental concerns and organizing the first school recycling program in the district. It was 1991 and recycling was becoming more common on community scale. After my middle school started separating trash in the lunchroom and classrooms the district made recycling mandatory in all the schools. After one year of The EAA meeting and publishing our newsletter our sponsoring teacher said he wasn't available anymore to support our efforts and the club disbanded, but the recycling program in Rochester Community Schools in Rochester, Michigan still remains.

Over the years my relationship with environmental issues has changed and shifted with my understanding and experience. There was a time when I was convinced that solar energy was our species' savior. It was/is being pushed in California very hard. Then, through other work I was doing with incarcerated populations I learned about the California prison system and prison work programs. California's GDP is incarceration privatized services that contract with prisons in the housing of California's staggering prison population. Incarcerating people is big business in California and in most institutions prisoners have the "option" of participation in a work program. They are literally paid pennies for work that people on the outside do to support themselves and family. Prisoners in California used to work stamping license plates and/or process credit card payments and flight arrangements over the phone. Using prisoners to process credit cards and flight arrangements was outlawed after large rings of credit card scams and fraud ran rampant. Not sure how no one saw that one coming. Since then California now offers their prisoners the option of fighting wild fires or to receive training and a certificate for solar panel installation. For an ex-con finding gainful employment can be a



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serious challenge. And without employment finding housing is nearly impossible unless you have a friend or family member willing to take you in. Without housing or steady income it is very easy to slip into recidivism. In recent years Governor Newsom has signed legislation making it legal for fire departments to hire ex-cons trained in firefighting. But this is not without controversy or obstacle. In a number of cities in California (such as Sunnyvale) firefighters serve half the year with the fire department and half of the year with law enforcement. Hiring an ex-con in this capacity has very obvious issues. So then there is solar panel installation. In an effort to create viable outlets of employment for the grotesquely large community of California ex-cons AND supply the ever growing energy needs of the California populous solar energy has been pushed. But upon a deeper look there are problems with this seemingly green energy source as well.

Once, while on a set in San Francisco to do extra work, I met a guy who was attending UC Davis. He was writing his doctoral dissertation on how solar panels and wind farms affect migrating and non migrating bird populations in California. I assumed he was going to tell me how solar was going to be our savior. Instead he explained to me that solar panels often burn the feathers on birds and the glare from the sun off the panels blinds them and makes it difficult for them to hunt prey. Migrating water fowl sometimes mistake solar farms for water sources and are injured when trying to land in what they think is water. And then there are the problems of mining the titanium needed to make the panels and eventually the panels need to be disposed of and replaced. The process of mining and recycling the materials is very toxic. Strip mining for titanium to make solar panels is in large part what is responsible for the deforestation of the South American rainforest. But they don't tell you any of this when they are selling you on the idea of solar energy. And as much as I wish for ex-cons to have viable employment, I feel very uncomfortable with the idea of a



team of them being in my home or on my property. Few people would, I suspect.

No matter what "green" energy source you consider there are similarly challenging problems that exist. Nuclear is also challenging here on the edge of the North American tectonic plates. California was set to close it's last nuclear plant recently but had to re-open due to not being able to keep up with energy demands. Thorium based technologies could be a potential answer but building new reactors, even if they are more stable and produce less waste are a hard sell to a voting public that has been conditioned to fear the word "nuclear". Canada is building new thorium salt reactors and will be looking to purchase thorium from somewhere...maybe Russia. The desire for cheaper more stable energy sources is in large part at the center of Russia's invasion of Ukraine which began farther back than 2015. The Kerch Bridge (the longest bridge in the world) was built by Russia in 2016 for the express purpose of moving thorium mined on the Crimean peninsula to mainland Russia without need to drive through other countries. China has built five thorium salt reactors in the country of Tibet. So, it's all very complicated.

What are we supposed to do? How are we supposed to survive as a species with all these changes? How are we as a culture to reconcile the seemingly endless war games, conflict, and genocides with our desire and/or need for energy to heat our homes, grow our food, cook our food, clean our water, and get around our communities? Personal choices are not always easy ones. Vacation travel continues to be fashionable, and the need to take a break from stressful lives is a real need. But it can't be overlooked that air travel in particular burns large amounts of fossil fuels for the frivolity of travel to scratch the globe-trotting itch. The expectation to have access to any and all fruits and vegetables all year round instead of waiting until they are in season and eating a seasonal diet isn't even recognized as out of the ordinary by the majority of people no matter what their socio-economic strata. Eating foods out of season often requires foods to be shipped from far away, again using enormous amounts of fossil fuels. All of these things impact the health of the environment for our species. Slow philosophy offers some solutions, but it's a hard sell. For the Love of the planet, let's talk about it.



TAKE YOUR TIME. SUPPORT SLOW
CULTURE & LOCAL BUSINESS.
BOOK A PRIVATE SHOPPING
APPOINTMENT @ 1UV WITH
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SUGO ITALIAN PASTA BAR.

Book an appointment for you and up to three friends Tuesday, Wednesday, or Sunday to shop for 1UV a kind Art & Art Object at your own pace with personalized attention. Booking your Private Shopping experience at 1UV supports local slow business, slow Art, and slow food. Appointment fee includes 25% off all existing work for sale at 1UV and a \$25 gift card (per person) toward same day reservation for lunch or dinner just a short walk down the street at Sugo Italian Pasta Bar. Be sure you don't pass on the complimentary delizioso house baked pan di Altamura by Altamura native, Andrea Loporcaro, served with fine olive oil and authentic Italian balsamic. Ticket price does not cover tax or gratuity at Sugo. Please tip your server. Reservations must be made a minimum of 1 week in advance. No refunds for cancelation. Review the Gallery Visiting Guidelines & Policies (pg. 43) before your visit.

\$50 per person

Visit www.1uvgallerystudio.com/



All yoga props, meditation seats, pet cushions, and keepsake quilts at 1UV are made with up-cycled, recycled, vintage and/or antique materials. Shop existing inventory or schedule an appointment to have a custom piece made with YOUR textiles that are ready to be recycled.

## 1UV a kind recycled textiles

Starting at \$200 USD + tax



1 UV a kind WOMEN'S, MEN'S & GENDER NEUTRAL garments by Larissa
ONLY at 1UV
Assorted items starting at \$125 USD (+ tax)

Assorted items starting at \$185 OSD (+ tax)

Shop existing garments during public hours (inside cover), or schedule a Creative Consultation to have your own custom garment made. See page 35 for info on scheduling a Creative Consultation for your custom 1UV a kind garment or item.



ENJOYING 1UV MONTHLY?
Sign up for the 1UV
bi-monthly e-newsletter.
To sign up, visit luvgallerystudio.com or add your
email to the sign in book next time you visit.

1UV A KIND JEWELRY FROM SERIES: DREAMSCAPES, CREEPY BABIES, FUN & GAMES, OLD KEYS STILL WORK, NATIVE HYPOCRISY AND MORE. PRICES START @ \$50 USD + TAX.



Larissa

DREAMSCAPES: a lucid exploration in creativity



creativity is an 86 page, self-published, full color, soft-cover catalog of my recent series, DREAMSCAPES. The book includes introduction by the artist, images of the twelve 10"x10" media studies on paper, twelve 40" x40" oil paintings on canvas, twelve jewelry sets (based on the color palettes), 24 original poems describing the dreams from which the images originate and a short artist biography.

Each copy is signed. \$95 USD + tax Available ONLY at 1UV Gallery Studio.

The series, begun in May 2023, completed February 2024, is now priced for sale. Stop in 1UV Gallery Studio during regular business hours or make a private appointment to see the works in person.

If you have or know of a venue interested in exhibiting the series in its entirety please contact Larissa.

## **1UV COLUMNS & CLASSIFIEDS**

Columns are the perspective of the author | Classifieds are paid/for sale (see pg. 40)

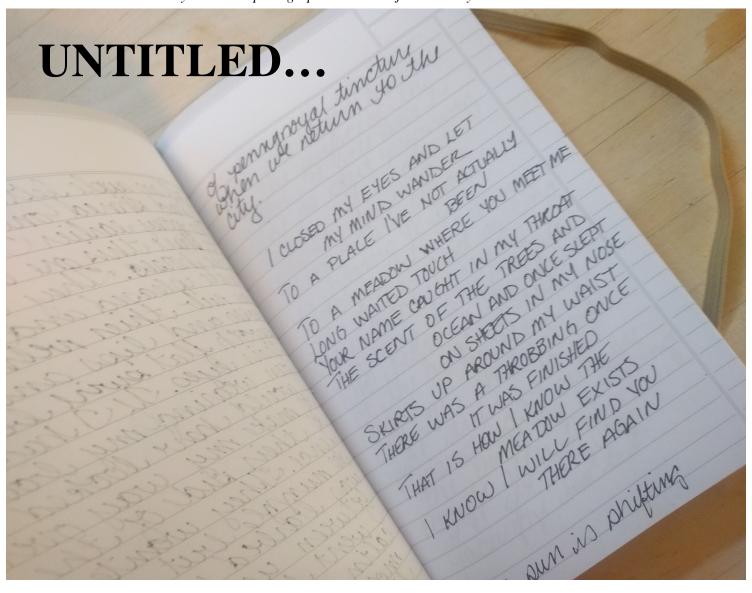
The views of Contributing Columnists, Guest Authors, Advertisers and Larissa are not necessarily shared.

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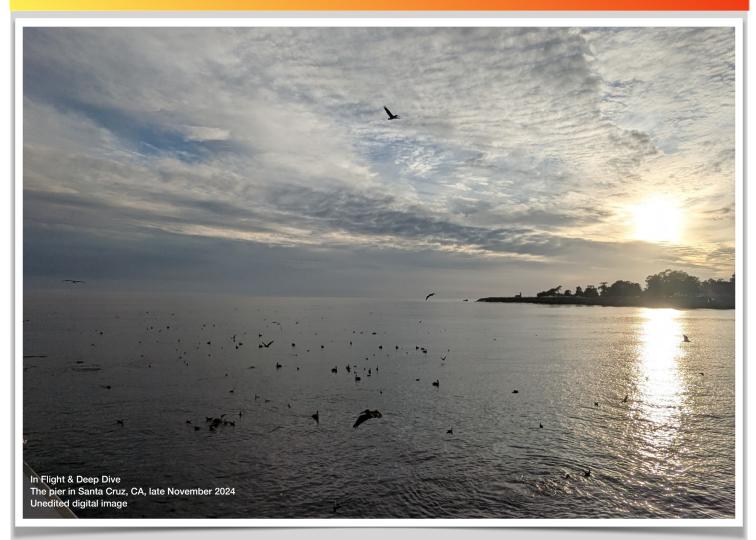
## LIVING POETIC

### A column for original poetry

The following image was taken of an untitled poem I wrote as part of my journal entry upon waking one morning in October of 2017 in a journal that was stolen from my home. I only know the date for sure because it was noted in my Google Photos account. I don't remember why I took this photograph or what the journal entry was about.



THE POOP SCOOP, a column for Fur-babes and their people, will return in a future issue of 1UV MONTHLY. Are you interested in writing an article for THE POOP SCOOP or another 1UV MONTHLY column? See pg. 40 for submission details. Does your Fur Babe live with a chronic condition? Make an appointment for a Reiki session to support your Babe's pain management and/or recovery. See pages 36&7 for more information on Reiki and appointments.



### T.TWITTED DAT.T.RT

A lacto-ovo vegetarian centered column

## GETTING THE POOP SCOOP ON THE OCEAN Fishes are delicious but I don't eat seafood

Over 15 years ago I made the decision to eliminate all animal flesh and bone from my diet, including seafood. It was an decision I made at the time because of my beliefs around the ethics of animal processing. Years later I tried adding seafood back into my diet. Shellfish in particular was something I missed and I wished to add more iodine into my diet as I entered my middle age years. I also hoped that by adding seafood back in my diet I might be

able to more easily share a meal with my family. This turned out to be a silly thought, but that is another story all together.

It surprised me that I missed seafood at all since during my meat-eating years seafood was something I could take or leave most of the time. But I found myself craving green lipped muscles, seafood chowder and grilled salmon. For two years I tried eating seafood once a week. It was delicious, but I found my joints were hurting more and more. I had more headaches, general sluggishness, and digestive distress. And, it did nothing to improve my relationship with my family. Besides all that, the increasing stress upon our oceans and wildlife, particularly on the California coast were mounting.

They continue to mount. There are a number of organizations that offer information about the levels of mercury, other metals, plastic and chemicals in seafood as well as watchdog groups who claim to be able to tell you where to find and purchase sustainable seafood options. But the reality is there is no sure fire way of guaranteeing the safety of the seafood you consume or to safe guard ecosystems while also consuming the animals fished out of them. And farmed options also have their own issues. It's an ethical dilemma to keep schooling and/or migrating fish in land bound artificial environments and keeping partitioned farms in natural inlets often draws in larger species like whales to feed. These animals damage or destroy farming partitions, decimate yield in a single feed and/or are harmed themselves by the equipment used by aquatic farmers. All of these are problem enough before even considering the effects of rising ocean temperatures, sea levels, currents, salinity, pollution, over fishing, natural and/or man-made disasters.

If you live near the coast and spend much time there, chances are, without even being consciously aware of specific contributing events, you have observed changes. Post Fukushima there was the increase in wreckage washing up, die off of star fish and shellfish, and increase in jellyfish populations. None of these populations have come back to levels equal to what they were before the disaster and it can be easily observed that there are physical changes to those animals that can be found. In particular I have noticed starfish and anemone to be different colors than they once were. And there have been times when I have put my feet in the water and developed a rash later where the water contacted my skin. It kind of looked like red blistered socks.

It is also becoming more commonplace for large red algae blooms to happen contaminating fish and the animals that consume them. These blooms have always happened from time to time, but increasing water temperatures and more frequent sewage and waste water contamination hasten and encourage these blooms. There were a number of local reports over the summer and fall of 2024 of such blooms and their effects. In the summer of 2024 there was a large sewer line break in San Luis Obispo just south of the nuclear power plant and there were numerous small sewage spills just north of Davenport. The saturation of nitrogen from these spills feeds the algae blooms. Small fish, mollusks and crustaceans feed on algae...whatever their color is. Red algae is not good for them and causes a

number of different ailments and contamination. The saying: "you are what you eat" applies to all species. These animals become sickly and when consumed by larger mammals those mammals are also effected. The 2024 season saw a drop in birthrates for sea mammals and of those that were born many were sick and died. The illness (demonic acid toxicosis) caused in sea mammals that consume red algae contaminated food is treatable if caught early, but this is an arduous task for wildlife scientists and many are lost. You can also observe the effects of these problems in the price of seafood at the market and on menus. This is due to smaller yield catch and smaller animals. Such contaminations often lead to small shriveled looking mollusks, crustaceans, and fish and have even influenced the time of spawn for many species. On the California coast this can be seen in the shifting of season for dungeness crab in particular. Keep in mind any contamination consumed by the animal is in turn consumed by the humans who put those animals on their plate and in their bodies.

Another issue that arises is poaching of restricted animals and the mislabeling of animals in the market place. Both of these problems are significant for the consumer and ecosystem alike. Those who are familiar with preparing seafood to eat can usually readily identify the difference between a freshwater and saltwater fish. Texture, appearance, and aroma usually differ greatly. Both are delicious, but are very different things with very different price points. On one occasion I saw what looked like freshwater bass being sold as Chilean sea bass. Chilean sea bass is a high ticket fish with a specific season and catch limits. It is buttery and amazing and very expensive. Freshwater bass is also delicious, but a very very different fish with a very different price point and methods of preparation. The consumer deserves to know what they are purchasing and to pay the appropriate price. And fish with lower catch limits should be respected by fisherman, whether they are commercial, amateur or indigenous. And I haven't even touched on the environmental cost of importing fish from other countries requiring large amounts of fossil fuel, cooling, and packaging. So...I just don't eat fish and I rarely buy it to prepare for those who do eat it at my table. Fishes are delicious, but regardless of price, the cost is just too high and business is just too "fishy". I reached out to a number of local organizations for comment in this issue, but none thought me or this publication important enough to take time to talk to me so they won't get any money or free advertising from me.

## COME IN 1UV IN PERSON TO SCHEDULE A 1UV A KIND COUPLES ENCOUNTER DURING THE MONTH OF FEBRUARY.

Experience Reiki together, receive a couples card reading, and share a pot of tea.

Enjoy 10% off existing jewelry, 25% off all existing garments, 50% off all note cards during your visit.

\$200 for a 2 hour appointment for two persons.

18 & over only, appointment must be scheduled in February. Payment in full is required to reserve appointment. Fee is non-refundable.





### NATURAL BEAUTY

A column about body aesthetics

## HEALTHY SELF LOVE IS BEAUTIFUL Natural ways to help be at your best

"An ounce of prevention is worth a pound of cure." This old quote attributed to Benjamin Franklin is as true today as it was the day he supposedly uttered them. Popular culture and media pushes lab-derived drugs on us left and right to treat any variety of symptoms you may have or imagine you have. The power of suggestion is not to be underestimated and the pharmaceutical industry makes billions hand over fist with the collusion of global governments. But there are things you can do and take that are natural, safe and effective and obtained without going to a doctor, getting a prescription or dealing with insurance.

As a woman in my mid-forties I find myself dealing regularly with Father Time and the effects of perimenopause/menopause. After being repeatedly harmed by Western medicine I have been researching herbs for decades for my own personal use. I am not a licensed herbalist. This article is for your informational purposes only and I encourage you to consult your doctor for any ailment you may be experiencing personally. That being said, I am happy to share with you things from the natural world that have helped me navigate living in a human female body.

The photo above features radix angelicae sinensis — or Angelica root, also known in Chinese medicine as dong quai. This pungent slightly sweet root can be decanted into tincture, dried, ground and pressed into tablets, steeped in tea, or even cooked in soup stocks. I have taken this herb/root in all these ways. My favorite ways of taking it is in tea or soup broth. It is easily dropped into pot of vegetable stock or dashi. Dong quai helps to regulate estrogen production and menstruation. It also boosts immune response, remedies intestinal sluggishness and promotes anti-aging. This herb/root is not recommended for those who are pregnant or trying to become pregnant as it promotes uterine contraction and may trigger miscarriage. For those struggling with conditions like endometriosis it can help the uterus expel fibroids and the extra thick uterine lining caused by the condition. It's regulation of estrogen production also helps to sooth premenstrual symptoms. Some studies have reported that it increases heart rate and causes sun sensitivity with prolonged use and/or counter acts blood thinning medications. So, care should be taken and you should ask your doctor about potential interactions if you are taking any western medications before you start to take dong quai. Some medical studies in Japan and China have also reported dong quai has antiinflammatory effects and stops the growth of some types of cancerous tumors. In Japan and China it can be administered via injection directly into the effected areas. I just drop a piece in my soup stock when I'm cooking or steep it in a cup of tea.

Another herb/root that I keep on hand in my herbal kitchen apothecary is astragalus membranaceus, or astragalus root, aka huang qi. This woody root is good for treating upper respiratory infection, asthma, chronic fatigue, stressed liver and kidneys, and healing wounds. It can also be used to help thin blood. It is counter indicated with western blood pressure medications or any medication that warns against grapefruit consumption. Like dong quai, astragalus root can be decanted into tincture, ground and pressed into pellets, steeped in tea or cooked in soup. I usually include it in teas and soup stock. It adds a bright flavor to soups similar to coriander or fennel.

Finally, no herbal/culinary home apothecary is complete without an assortment of fungi. I have a number of different dried mushrooms and mushroom supplements on my shelves. Some are whole and some are powdered. In general

mushrooms are accepted to support immune health. One of the most notable of these is trametes versicolor, or common turkey tail. If you know your fungi well, it can be easily wild foraged in the forests of the California coast. Or you can just purchase it from a reputable source. I found the package of dried whole fruit bodies pictured below at E&W Natural Way at 762 West Dana Street in Mountain View, but you can also get a powdered supplement at Whole Foods in the whole body care section. I use the whole fruit bodies to make tea for acute treatments and I use the powder supplement to flavor soups and sauces and have even used it in quiches and salad dressings. Keeping your immune system at it's peak is the first step in combatting illness and there's no easier way to do that than when preparing food in your kitchen. Keeping a well stocked herbal apothecary can be both delicious and functional if you know where to shop, what to get, and how to prepare it. Try blending a tea of dong quai, huang qi and turkey tail with some dried orange peel for a slightly sweet earthy surprise. It warms from the inside out...perfect for those days a woman needs to indulge in radical self love; to stay in with a warm blanket, snuggly socks and a good book. You know the days I'm talking about — those days when your uterus wages war. Incidentally, with the exception of dong quai, these are all good for those born with outdoor plumbing as well. Healthy self love looks good on everyone.







It's hard to say what the most important aspect of composition is. They are all important in their own right. But if you pressed me about it and said I had to chose one or you'd...cut off one of my fingers...I'd probably have to say color. Color is so ubiquitous it is often taken for granted. Even the color blind see color in some sense of the spectrum, even if it is different from the majority of the seeing world. Without color (and ever so closely related light) all composition would be a mute point. Color has the power to sooth, to compel, to sway, to enrage, even to cause seizure. Color can relay depth and emotion, reality and fantasy. Even if it is simply black and white, color makes an impact.

Color and light theory are enormous topics with piles of entire texts written on the subject. There is no way I could cover all aspects of color and light theory. So, I have chosen a few basic ones to focus on: Monochromatic, primary, and complimentary color. First, let me begin by saying I am NOT addressing the topic of pigmentation in this article. Pigments, while they are the physical things that make the color in paint, are not color themselves, but chemical compositions. The color is a result of light frequency and how it relates to the surface of pigment. OK...I will begin each of the following sections by defining terms.



MONO CHROMATIC COLOR Mono-chormatic color is the value scale of a single hue. A hue is a pure color at it's most basic. Red is a pure hue. Tints tones and shades of red are made by mixing varying amounts of white, black and grey on a scale. Add white to

red and you have a tint. Pink is a tint of red. Add grey to red and you have a tone. Mauve is a tone of red. Add

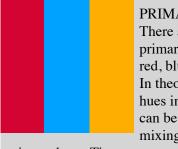
black to red and you have a shade. Maroon is a shade of red. Using a mono chromatic scale you can create a composition that relates volume, depth and emotion. With the exception of the starburst in the upper right of the image directly to the right, this altered digital photo is a an example of mono chromatics in action.



Mono chromatic color schemes are largely unnatural. Rarely do you find them occurring in nature. Examples of naturally occurring mono-chromatics happen under unique circumstances of light where all other frequencies in the spectrum are invisible. Under a blue full moon you may see a blue wash of light causing a similar effect to the one seen in the highly altered digital photo. Mono chromatics are helpful for an artist when learning about mixing color as well as in pairing down the shape of an object to it's most basic forms. Consider the unaltered version of the same image next to the self portrait. See how shapes and surfaces emerge in the mono chromatic version that can make drawing such an image less confusing to the eye. How do you go about transforming the image on the bottom right to the image on the bottom left without digital aid? It's a matter of weighing the "value" of each color...meaning the amount of white, grey, or black mixed with the base hue(s) then using only one hue, blue. The original image has an amount of blue. The cool pink tones in the skin on my face require blue in mixing, as does the garment, my eyes, and the window behind my head. My hair, on the other hand does not and because of this it reads closer to the black end of the value scale in the converted image. The original image comes across as silly but the emotion created by the blue mono chromatic scale feels (perhaps) whimsical, aquatic, or mischievous. The purpose of the use of the color scheme in the image in my e-newsletter was to match the color scheme of another, unaltered image...the one that graced the cover of the December 2024 issue of 1UV MONTHLY. The enewsletter in which the image was used announced the public release of the print version of the issue. The self portrait closed the e-newlsetter and I wanted to create a continuity between the beginning and end of the message. The image also referenced a theme/concept of



the specific message which was: bargain shopping for the holidays. The opening image contained a link to a 1979 K-Mart Christmas shopping ad. Those who remember K-Mart in the 70's and 80's are familiar with "blue light specials". The unaltered image, while the object matter is the same, does not contain the same subject matter in this context. This is how and why this color scheme worked in this instance.



PRIMARY COLOR There are three primary colors/hues: red, blue and yellow. In theory, all other hues in the spectrum can be created by mixing these three

primary hues. Tints, tones and shades of these hues make up the rest of the colors our eyes see. The tempera painting in the image directly right is an ocean scape that features a primary color scheme. The warmth created by the placement of the color gives the feel or illusion of a summer evening on the water. The punch of the pallet is enhanced by an almost exclusive use of tint (white) to create volume, leaving the weight of the pure hue to stand in as the darkest value in the spectrum. This saturation of hue in place of shade or tone sets the time of day as late afternoon early evening, before dusk..maybe 5:15 or so.

Now consider the black and white version of the same image bottom right. All hue has been removed and we are left with only the pure value scale of the image. The time of day is less apparent in this version. It could be early morning or it could be evening or even late at night on a full moon. Temperature is entirely indistinguishable. It is the hue that dictates both the temperature and time of day relaying so much information about the original image. The emotion conveyed by a warm summer evening on the water is quite different than that of an early winter morning or late fall evening. In seamen's lore a red sky speaks to storms on the horizon. Yet in most other instances the color red speaks to deep seeded passions. Smooth still water is said to run deep and a golden horizon is hopeful. The black and white version feels markedly cooler and even lonely compared the the warmth of the original. The black and white version feels serious while the original feels playful. It is also important to note that while little to no black was used when mixing the color, the opacity and saturation of the color in the original work is enhanced by an underlying black gesso field.



## COMPLIMENTARY COLOR

Complimentary colors are colors that are situated directly across from each other on the color wheel. They are direct opposites of each other in composition.

Another way to think of it is what primary hue one color has the other doesn't but all primary colors are represented — meaning if on one side a color is red the complimentary is going to be yellow + blue, aka green. If one side is the color is blue the complimentary is going to be yellow + red, aka orange. If one side the color is yellow the complimentary is going to be blue + red, aka purple. This becomes more complicated once you start looking at secondary, tertiary, and further mixed colors, but the same principal applies, only in percentages. If the hue on one side is 30% red and 70% blue with a 2 to 1 ratio of grey scale added you have a color that is a deep but slightly muted plum. The compliment to this color would be an ochre. Complimentary colors create a visual vibration when placed next to each other. As such their placement and usage can create a sense of tension or dis-ease in a composition. In extreme cases also utilizing certain small repeating patterning, complimentary colors can trigger

seizures or create optical illusion. Consider the painting in the image top right (also featured on pg. 24): *Undervalued*, *Abused*,

Disrespected, Raped #2. This painting is a comparison of the abuse of the planet to the abuse of women's bodies. The object matter in the painting comes from the on-location studies of actual places in California seen in the other two images right —Sandpit Beach in San Luis Obispo where there was a sewage spill in the summer of 2024 and my home, The Kitty Pants Ranch in Santa Cruz, where we have been working tirelessly to address neglected overgrowth for fire abatement and habitat restoration. The forest scape appears in a complimentary color scheme to the real-time image within the silhouette of the woman. The ocean scape appears in a complimentary color scheme to the real time image in the background. The figure gestures toward the background creating the context for the concept. The complimentary colors to the natural world is meant to imply and impart dis-ease to the viewer. It is meant to make you uncomfortable, to question what is wrong with this image. This concept takes the function of the painting from the realm of decorative to the realm of conceptual Art. It poses a question, or a puzzle for the viewer to consider and figure out. All of this achieved through the intentional use and placement of color. Color is powerful and should never be taken for granted, especially in composition.







All rights reserved 1UV Gallery Studio, Larissa Dahroug, 2025

## Are you a business located in a five mile radius of 1UV Gallery Studio? Would you like to be listed here, in 1UV MONTHLY's Neighbor Business Directory?

Pay \$10 monthly OR a \$100 annual fee for a MONTHLY listing. Listing will include the name of your business, a one sentence description of what you offer, address, hours & website.

Visit: www.1uvgallerystudio.com/1uvmonthly to sign up.

### **1UV Gallery Studio**

Working studio & exhilitionspace for American Multidisciplinary Fine Artist & Reiki Master/Teacher, Larissa Thurs.-Sat. 11AM-6PM or by appointment

### 716 Soquel Ave.

1uvgallerystudio.com

### Sugo Italian Pasta Bar

Serving Italian food for lunch & dinner Tues.-Fri. 11:30AM-2PM & 4:30PM-9pm, Sat. & Sun. 11:30AM-9PM 1116 Soquel Ave. sugoitalianpastabar.com

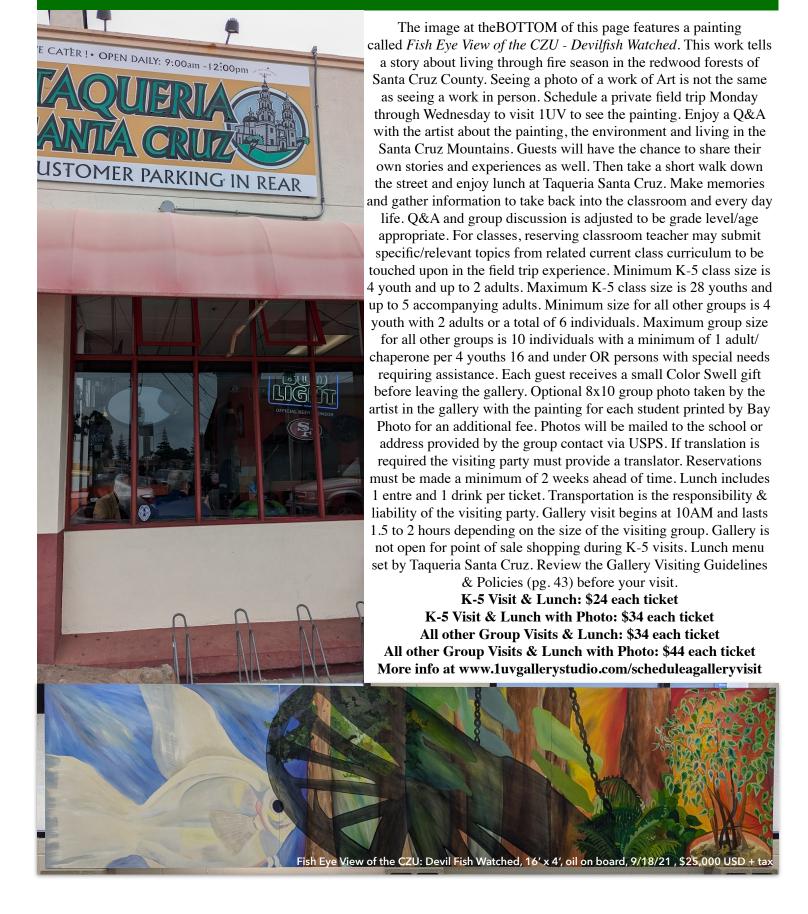
## Taqueria Santa Cruz

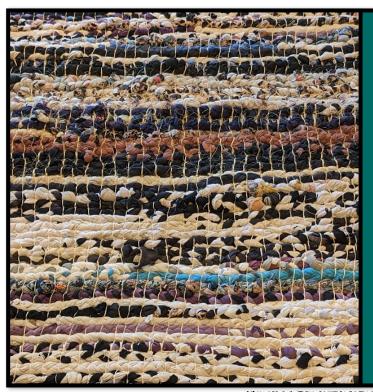
Serving Mexican food for breakfast lunch & dinner 7 days a week 9AM-11:30PM

**1002 Soquel Ave.** taqueriasantacruz.com



## BOOK A FIELD TRIP FOR YOUR K-5 CLASS, SPECIAL NEEDS GROUP, OR VACATION/SIGHT SEEING GROUP, TO VISIT 1UV & HAVE LUNCH AT TAQUERIA SANTA CRUZ





## 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 water and bring them to 1UV during posted business hours. Larissa recycles worn out yoga pants and maxi skirts.

Lokah samastah sukhino bhavantu.

Om shanti shanti shanti.

Om nimah shivaya.

Namaste.

## 1UV Gallery Studio is seeking:

- Regularly
   Contributing
   Columnists/Writers
- Professional Figure Model(s)
- Independent acoustic instrumental musicians
- Sales associate(s)

Visit

1uvgallerystudio.com/jobs
to request an interview.
Compensation discussed
at the interview. These
positions are part-time
contract positions.



20

## FEATURED ART & ART OBJECT

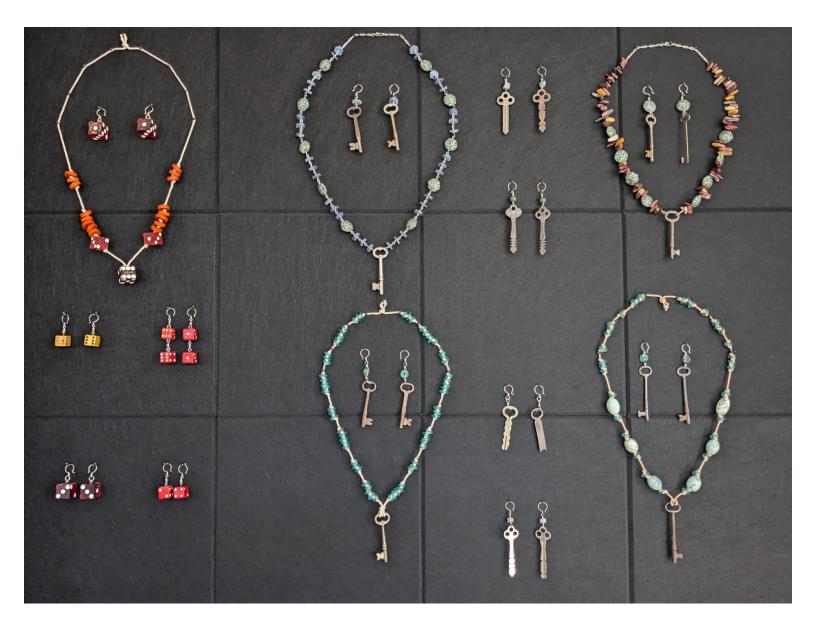
Images of work exhibited @ 1UV | designed & fabricated by Larissa

Omar (size large) models *A Murder In Santa Cruz*, a 1UV a kind, painted men's *Black Friday Jacket* completed in Fall of 2024. One size fits many, featuring: painters canvas, recycled textiles, goat hide appliqué, and an original painting using fabric paint and dye pens. Spot clean only. \$1,500 USD + tax. The graphic image on this jacket is inspired by the flock of ravens (called a murder) that lives in the neighborhood where 1UV is currently located. Blurred background in the front view image was created by Google Photos.



JOURNALS, CALENDARS, STATIONARY & ORIGINAL PUBLICATIONS AVAILABLE @ 1UV:





Jewelry from 2024 found object series' Native Hypocrisy & Old Keys Still Work

Native Hypocrisy is about the cultural hypocrisy of tribal/Reservation laws and casino culture when considered along the reality of Reservation lifestyle and poverty. Work in the series features authentic used and antique (American) Indian casino dice, sterling silver, bingo chips, zinc eyes and hemp.

Prices range from \$50 - \$150 USD + tax.

*Old Keys Still Work* is an homage to Generation X grown-ups and the days of latch-key culture. Work in the series features antique skeleton keys, artifact and antique glass and stone beads, assorted gem stones, sterling silver, hemp and leather.

Prices range from \$150 - \$350 USD + tax.





UNDERVALUED ABUSED DISRESPECTED RAPED #2

2024 8'x4', oil on cavas on wood \$25,000 USD + tax

This series is a comparison between abuse of California coastal natural resources and women's bodies.







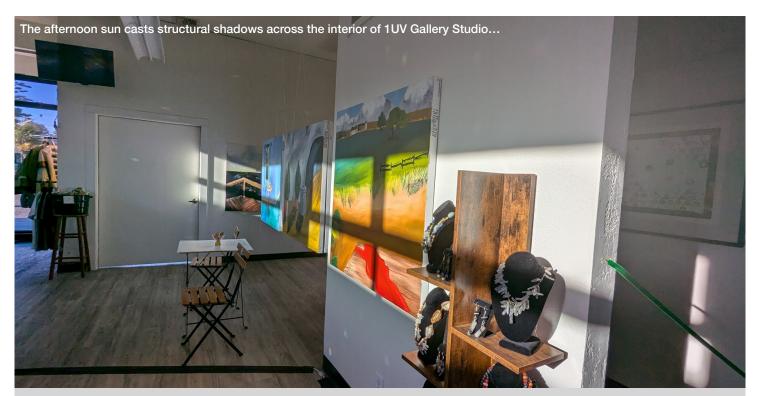


**Top left:** Study for Undervalued Abused Disrespected Raped #2, Sandpit beach in San Luis Obispo, 2024, 24"x18", oil crayon on Bogus sketch. \$2,500 USD + cost of framing + tax

Top Right: photo of Sandpit beach on location the day the study was completed. NFS

**Bottom left:** *Study for Undervalued Abused Disrespected Raped #2*, The Kitty Pants Ranch in Santa Cruz, 2024, 18" x24", oil crayon on Bogus sketch. \$2,500 USD + cost of framing + tax

Bottom right: photo of The Kitty Pants Ranch on location the day the study was completed. NFS



### CREATIVE BUSINESS

A column about the Art of business & the business of Art

## RETHINKING BUSINESS STRUCTURE

### 1UV invites you to be part of a movement

It is easy to complain about the economy and state of the world. Heck, it's easy to complain about anything. It's a much harder thing to consider and implement effective change for the better of any problem. It's easy to place blame and name call. "Oh, Capitalism is the problem!" "No, consumerism is the problem!" "You are the problem." No, no, I'm not the problem. You are the problem!" The reality is we are all the problem. Business is broken across the board and everyone is looking to save their pennies without compromising comfort or habit. The desire to project an appearance of wealth comes at a high price; particularly when that appearance is based on social norms that are presented and perpetuated based on unreal ideals and stereotypes.

The majority of goods consumed on a daily basis by Americans (and people the globe over) are mass produced in countries with the highest rates of poverty and lowest rates of personal freedom or human rights. When we walk into big box stores or even mom and pop local boutiques we are confronted with products that have almost entirely been mass produced over seas. We see items neatly packaged and arranged on shelves and racks. We don't see the people who made and packaged them, the factories they work in, or the neighborhoods where they live. In the news we hear about these people crying anti-American slogans, fighting civil wars and other such violences, but seldom is the connection made between the jobs these people hold and the products we just purchased at Target, from Amazon, the Apple Store, or any other number of boutiques. We lament empty store fronts and high cost of rent. What a shame! All those greedy landlords! Yes. There are a lot of greedy landlords out there, but not all. And no one is ready to admit that things like their cheap beauty products or even items that are needed staples like underwear and socks have enormous influence on the problem. It doesn't feel good to think about the women and children that die in garment factory collapses in Bangladesh, men and children that loose fingers and toes in auto part factories in Pakistan, ecosystems destroyed by mining in South America, or families that make their living picking new garments to sell from landfills in Chile. It doesn't matter what your politics are or where you live. We are all part of the problem. We all buy these things.

Stop for a moment. Ask yourself what you (cont. nxt pg.)

might say to a person that works in one of these factories if you met them, or how you might feel if you had to breath the air and drink the water they breath and drink daily. It's fashionable to demonize things like the coal and oil industries here in the US and abroad, and these things are quite corrupt. But the reality is these two products are NEVER going to go away so long as we continue to make progress on technology and automation for mass production of goods...even goods touted as "green". Fossil fuels will always be required to produce "green" technologies. The more "green" technology you consume, the more fossil fuel will be needed to product those products. It's a case of a snake eating its own tail that no one wants to own up to.

The business structure of 1UV Gallery Studio is outlined on page 41. I designed this business structure after considering all of these things and I present my business as both a functional business AND as an interactive conceptual Art installation, inviting you, the consumer to consider the impact of business structure and the utility of consuming.

Sure. You might not NEED a painting, or a new pair of earrings...but you might want them. The biggest feature of my business structure is that all the items I sell are one of a kind things I make. In addition I only sell face to face. I don't sell online. This is in intentional opposition to the structure of mass production. My prices are set to cover my costs. My costs include: materials, labor hours, rent, insurance, marketing, and display. How can I or any business sell my product for less than is costs me in materials and survive? If I have \$30 in materials invested in a pair of earrings and those earrings took me two hours to make how much should they cost the consumer? Fast food workers make \$20 an hour. My work takes a lot more skill than working in fast food. Keep in mind there is also the value of concept to take into consideration.

So I'm selling Art and Art object...but this concept can be applied to any and all manufactured goods. For example, when you buy a pair of panties you are buying something utilitarian. When you buy a piece of Art or Art object you are investing in culture, the future and the concept of the specific work, in addition to the object itself. The business structure of 1UV is designed to cover operating costs (in theory). Without notoriety or public fervor it's not a reality. But the existence of the structure is meant to call into consideration the way in which all business operates, the way we interact with business and how and why we consume. The price of my work is set to limit the amount of human exploitation and gratuitous consumption in the line of doing business. The existence of my storefront is intended to beautify and improve community aesthetics and identity — to offer a different option from what has been or is already offered. The status quo way hasn't been working for a long time and has created many of the social ills we all complain about, but few want to make the needed sacrifices to change. Buying cheap mass produced things affords us luxuries like multiple vehicles or vacation, or maybe even things that aren't luxuries, like food and clean water. Society is kind of like an addict not wanting to go to rehab. At 1UV Gallery Studio I invite you to consider these things and offer you the opportunity to help me raise such awareness through keeping my doors open by purchasing my work...OR by joining me in my 1UV a kind efforts and opening your own 1UV Gallery Studio through the process described on page 41. Progressives love to share the quote, "Be the change you wish to see in the world." But few put their money where their mouth is. How hungry are you for change — pennies, nickels, dimes, or dollars? Yes. It's expensive for me to have my business. This is why I do it. I do it for everyone. I do it for the Earth.



# CELEBRATE SLOW ART DAY, APRIL 5TH FROM 11 AM TO 1PM WITH 1UV. \$20

## What is Slow Art Day?

Officially it is an international event founded by Phil Terry. I don't know Phil Terry. I've never met them. I know little to nothing about them. I just know I agree with the model, spirit and focus of the event. On Slow Art Day you set aside two hours of your time. You observe an exhibition of Art, SLOWLY (and quietly) with others for the first hour and for the second hour you talk with each other about the Art you just observed lover a meal or drinks or snacks or coffee or whatever. The conversation is usually facilitated by someone who has previous knowledge of the Art exhibit you just observed. Some venues charge a cover, others don't. Some people celebrate in private homes, others in public spaces. The rules aren't strict. There are just two:

- 1) Look at Art SLOWLY and quietly for 1 hour.
- 2) Talk about it together for an hour.

Slow Art Day is an intellectual event that people of all walks of life, ability, age, bank roll, can come together around and enjoy. Slow Art Day is the holiday you never knew you needed. Slow Art Day is a celebration of everything good about humanity. It doesn't glorify war. It doesn't discriminate in any way. It only serves to create connection, community, and Critical Thought. And guess what else...it makes you feel good too.

## Make Your Reservation & Mark Your Calendar

On Saturday, April 5th 1UV Gallery Studio will be closed to the public. From 11AM to 1PM 1UV will host a private Slow Art Day celebration event. Artworks on display will be discussed. A lacto-ovo vegetarian lunch buffet with soft drinks will be offered.

This is a family friendly event. Children ages 6 to 17 are welcome to attend with a parent or guardian 18 years or older, with no more than two children per adult.

Curated conversation and Q&A will be lead by the artist.

The event will officially be over at 1PM but attendees are welcome to stay until 2:30PM to shop and/or mingle with each other. Each attendee may enjoy 20% off any purchase of existing work and will receive a free gift.

Payment is required to make your reservation. Space/participation is limited to 20 attendees.

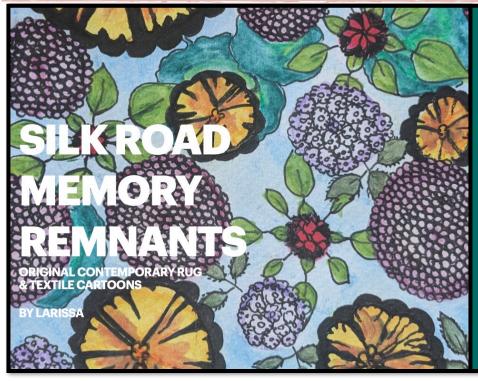
To make your reservation stop in 1UV in person, call 831-226-2586, or visit: www.1uvgallerystudio.com/events/celebrateslowart

VISITING GUIDELINES & POLICIES (see pg. 43) and PROMISE OF INCLUSION (see pg. 33) apply. RESERVATION FEE IS NON-REFUNDABLE.



With Loving Kindness,

Larissa



Purchase your limited edition copy of

## SILK ROAD MEMORY REMNANTS

By: Larissa

At 1UV Gallery Studio

\$20 USD + tax

All copies are signed by the artist.



## FUN & GAMES FOUND OBJECT JEWELRY



Choose your numbers.
Individual earrings: \$45 USD + tax ea.
Necklaces: Start at \$115 USD + tax



# PARTNER BUSINESS Like-minded local businesses partnered to grow together

Are you a: winery, food vendor, Art framer, Art materials supplier, publisher, Spanish translator, hotel or otherwise appropriate Art exhibition space?

To learn about partnership benefits and terms visit:
<a href="https://www.1uvgallerystudio.com/">www.1uvgallerystudio.com/</a>
<a href="https://about/becomeapartnerbusiness">about/becomeapartnerbusiness</a>



1UV MONTHLY: Issue 16 FEBRUARY 2025

## FEATURED SHORT FICTION

THE SHIFTING LIGHT | an original work of FICTION by Larissa

Dedicated to all those who have ever worked in the restaurant business or have been a "regular".



## 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 14: DRUNK

Fast moving clouds will always make the light and the shadow dance...

E mily laid naked on her back with her eyes closed on her bed for a long time before she had gotten up. She got dressed in some soft sweats and closed her blinds tight. She didn't want to see anyone or have anyone see her. She spent most of the day listening to instrumental jazz and napping. Now it was three thirty. She found a bottle of red wine a client had given her for Christmas the previous year and opened it. It was an expensive bottle and she had been saving it for some special occasion. This was a pretty special occasion, not in the way she had originally intended, but special none the less. After one and a half glasses she was feeling tipsy. The wine was the only thing she had all day. Normally she would have had a smoothie after her walk but that's not how today had gone.

\*\*\*\*

Alex hadn't gotten anything done at work. At noon he decided to just call it quits and called in sick. He just couldn't focus. His manager didn't ask any questions. It had been a while since Alex had taken any time off and his work had been steady. Once his request had been approved he put on his trunks and slipped into the pool. He held his breath as long as

### **1UV MONTHLY: Issue 16**

he could and sat on the bottom until it felt like his lungs were going to explode. Why'd he have to say he didn't believe God? He could have just said nothing when she made the comment about her mom going to heaven. Why'd he say anything at all. If he had just kept his mouth shut they'd he'd be making plans for the next date instead of sitting on the bottom of his pool holding his breath. The sun poked in and out from behind high fast moving clouds making the light and shadows dance across the pool and courtyard.

Alex lay on his back and closed his eyes. One of the guys with the kites earlier had been pretty good. He got his kite up fast and had it doing loops before the other two guys had even gotten their kites assembled. Why did he even go out to see the kites that morning anyway? He had no idea he was going to see her there. Maybe she thought he was following her and was creeped out. Finally, after a couple of hours of just laying in the pool he got out and showered. The hot water in the shower almost burned his skin. He watched his skin redden but felt nothing. All the sensation he had regained over the past week drained from him and he was numb once more. He used the conditioner he got at the salon. It was the first time since he brought it home that he had opened it. The minty scent was familiar.

When he got out of the shower the clock on his night stand said it was three thirty. The light was filtering through the glass door in his bedroom onto his bed over the spot where he had the vision of Emily in her bra and panties. He ached deeply to actually see her there. He felt like he was loosing his mind. He hardly knew this woman. Why was he so close to being obsessed? It frightened him. Alex pulled on some sweats and pulled his damp hair back with an elastic and went to the cabinet in the dining room where he kept his liquor. A bottle of scotch was in the back. He dug it out and poured himself a double in a glass tumbler.

His laptop was sitting on the dining room table. He wanted to pick it up and throw it, but nothing good would come of that. Instead he went in the kitchen, opened the freezer and took out two hot pockets. He decided to pop them in the microwave instead of waiting for them to heat up in the oven. He just wanted to chew something. He tossed back the double of scotch and poured himself another before the microwave beeped. Alex slipped the greasy previously frozen pastries onto a plate and found a

fork and knife and took them to the living room. He sat the plate and drink on the coffee table and turned on the TV. He found a documentary on Sumerian architecture and stabbed one of the hot pockets with his fork and knife. Melted cheese and sausage oozed out onto the plate. He took his time, methodically chewing each piece. The first few bites were really hot and burned the roof of his mouth. It didn't hurt. He knew because he felt the skin of his pallet blister with his tongue.

Alex finished the pastries and the second scotch double and headed to the kitchen to make two more. Broccoli, cheddar and bacon this time. He poured himself another double. He was starting to feel noticeably tipsy. He didn't care. When he finished the second round of pastry and the third scotch the documentary was finishing up. It was almost five. He wondered when Emily would call and if he should pick up feeling tipsy or just let her leave a message. He turned off the TV and lay on the couch looking at the ceiling feeling drunk.

After a half hour or so he turned on a mix of some old R&B and went back into the kitchen. In the freezer he had three unopened boxes of hot pockets. He opened all of them and arranged the six pastries on a cookie sheet in the oven and turned them on to heat. Then he poured himself the last of the scotch in the bottle. There was tequila in the cabinet too. That would be next. When the oven timer beeped he took the oozing pastries on the hot cookie sheet and sat them on a stack of placemats he arranged on the coffee table and began stuffing himself. He had eaten three and finished the scotch and opened the tequila when his phone rang at six forty five. It was Emily. He was too drunk to answer. She could leave a message. Then he could call back at his leisure. He watched as the call went to voicemail and waited for the notification telling him he had a message. Then he read the transcription: Hi Alex. It's Emily. I've been thinking about it all day. You're a great guy, but I don't think we should see each other anymore, at least not romantically. I'm still happy to cut your hair and see you around town, like at Pete's or something, but I, well, I'm just not ready for all this right now.

Alex figured she was going to say something like that. He turned off his phone and continued his grotesque meal of greasy processed stuffed pastry and liquor. It would be fine if he ran into Emily at Pete's or something. He didn't need her and surly there was some cute little atheist out

### **1UV MONTHLY: Issue 16**

there who wouldn't mind fucking him. Hell, maybe Evan knew someone. Maybe he'd ask him next time he saw him. Meanwhile, back at her apartment Emily was on her second bottle of wine and eating fried rice and egg rolls she had delivered. Down town Desiree was calling 9-1-1 because Pete was on the floor of his restaurant having a heart attack in the same spot where his uncle had his first one so many years ago. Maria was crying. And at Elvin's, Evan was pulling out the chair for Jenny, dressed in an elegant lavender off the shoulder gown that accentuated the graceful curve of her neck in the candle light. Clown or no clown, she was beautiful and Evan felt like the luckiest man on Earth. **THE END** 

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 accompany the painting featured in the title image: Dreamscape #6. This was the final chapter.

Did you enjoy Chapter 14 of *The Shifting Light* but missed out on one or more previous chapters? Not to worry. You can catch up in digital editions of previous issues of 1UV MONTHLY online at 1uvgallerystudio.com/1UVMONTHLY. *The Shifting Light* begins in January 2024, ISSUE 3.



Chapter
1
coming
in the
March
2025
issue!

## 1UV's PROMISE OF INCLUSION

1UV Gallery Studio rejects identity affiliation with "Midtown", "Seabright" and/or "Eastside".
1UV's mailing address is Santa Cruz and Santa Cruz is the only location name 1UV identifies with. How other businesses choose to identify is their prerogative. 1UV has no problem with how any business owner chooses to identify.

1UV does not participate in gang turfing tactics or other discriminatory exclusion based on arbitrary identifiers such as but not limited to: color, class, gender, sex, ability, religion, ethnicity, accents, political party, employment, personal style or voluntary clubs.

All those able to be respectful of themselves and others while also maintaining civil discourse are welcome at 1UV. All graffiti will be both removed and reported and any persons identified perpetrating such vandalism and/or bullying will be prosecuted.



## CREATIVE SERVICES WITH LARISSA

All services offered on site at 1UV by private appointment Sunday through Wednesday subject to availability. Call 831-226-2586 or email <a href="mailto:larissa@luvgallerystudio.com">larissa@luvgallerystudio.com</a> to request to schedule. Payment in full required to reserve appointments.

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.



**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.

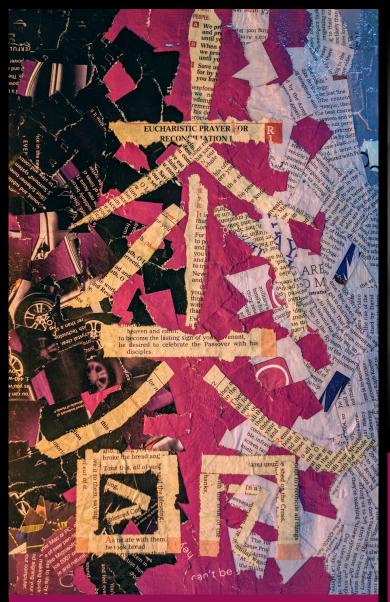
**PRIVATE CREATIVE CRITIQUES** cost \$200. Minors may schedule an appointment if a parent is present for the critique.



**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 seven decks), chakra clearing, and/or intuitive reading. Larissa has been reading for over two decades. Spiritual Consultations are an opportunity to look at difficult situations from a different perspective. Consultation is NOT therapy.

SPIRITUAL CONSULTATIONS are \$300.



## BOOK A PRIVATE REIKI SESSION FOR YOU OR YOUR PET WITH LARISSA

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 with a parent present.

Pets may be treated as well. Pet Sessions are fifteen minutes to half an hour and cost \$75.



### **Date/Time/Location:**

Date and time scheduled upon registration request. 716 Soquel Avenue, Santa Cruz, CA 95062

### **About the event:**

If you have spent much time near or at 1UV you've either heard about or seen first hand the way dogs and other animals respond to Larissa. It's not magic. It's Reiki. Larissa has been a certified Reiki Master/Teacher since 2006. Now for the first time in over a decade Larissa is offering Reiki Level 1 training & certification to registered students. (See page 37 For more information on Reiki) Learn the history of Reiki, how to give yourself a full Reiki treatment, and share the healing love and comfort of Reiki with your loved ones...even your pets.

This class uses the Reiki Manual by William Lee Rand. A copy of the text is included in your ticket price. Class size is limited to 6 students. Registration will be closed once class size maximum is reached.

## \$350 per registrant

Register online at: 1uvgallerystudio.com/event-details-registration/reiki-i-training-and-certification

## WHAT IS REIKI?

Reiki is a Martial Art/Healing Modality with an ancient history. It is a practice accredited to Usui Mikao of Japan and brought to the United States via his only female student, Hawayo Takata. Reiki is NOT a religion, nor does it require any specific religious belief system. The term Reiki is made of two Japanese kanji: Rei and Ki. These kanji loosely translate to: Universal Life Force Energy. The kanji featured in the image behind this text is the Dai-ku-myo. The Dai-ku-myo is a master kanji in ALL Martial Arts practices and is found on the Master Scroll in every Dojo. Dai-ku-myo loosely translates to: righteous man standing on the mountain top with the light.

Reiki is an energetic healing modality. It works in a similar manner to acupuncture and acupressure to promote and maintain balance in the body's natural energetic systems via the chakra centers and meridians. The Reiki practitioner acts as conduit for Reiki (Universal Life Force Energy) and directs this energy to a specific subject/client. Reiki is taught as an elective in many massage school programs and many nurses are also certified practitioners. Reiki may be administered through touch and/or by other directional meditative methods. Therapeutic Touch (TM) is another similar practice. Reiki is frequently used in hospice situations and is also very popular among those with show and race horses. Reiki is a holistic and complimentary practice that promotes relaxation and/or expedited healing.

Larissa is a certified Reiki Master/Teacher. She offers private Reiki treatments for both humans and pets. Animals are drawn to Larissa because they can feel the presence of Reiki. See page 36 to learn more about scheduling a private Reiki appointment.

In Japan Reiki is traditionally/historically taught and practiced by men. Hawayo Takata is the only historical exception to this rule. Hawayo brought the practice to the United States (first on Hawaii) pre-WWII and made it available to women to learn. It is practiced most frequently by women in the United States. Reiki is banned in Catholic hospitals. A council of Bishops convened by Pope Benedict ruled Reiki forbidden for women to practice and is only permitted to be practiced by (male) clergy. Up until that point, Reiki was popular among Nuns and was taught at retreats at many Convents to fellow Sisters and lay-women. Many still practice in spite of the sexist edict.

On the occasions Larissa teaches Reiki, she uses the Reiki Manual written and published by William Lee Rand. Mr. Rand teaches on the island of Maui and also runs the International Center for Reiki Training in Southfield, Michigan. Visit reiki.org for more information. Larissa has studied with and received two Attunements from Mr. Rand personally. She came to Reiki on her journey to better living through pain management for the chronic physical pain she lives with due to assault, accident and injury.

Larissa is honored to share Reiki with you and offers appointments at a reasonable rate. Because she is also a licensed non-denominational mister through Rose Ministries, your appointments are also legally confidential.

# I SUPPORT SLOW ART & CULTURE.

## I WANT TO BE A 1UV A KIND ART P/MATRON.

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

## LEVELS OF P/MATRONAGE & BENEFITS:

Slow Art Culturalist - \$5 a month
Benefits: The satisfaction of supporting an independent artist, the satisfaction of supporting Slow Business, the satisfaction of supporting a California-based small business, the satisfaction of supporting a woman owned business, my sincere gratitude, 10% off in-store purchase of existing work

1UV A Kind Online Visitor - \$40 a year Benefits: access to all 1UV website content

Henefits: access to all 1UV website content, invitation to the annual P/Matrons ONLY party, listing as a M/Patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, a copy of the upcoming annual 1UV Calendar, and two Event Pass Cards

All fees are annual and renew every 12 months. 1UV is a sole proprietorship so your membership is not tax deductible. Your reward is being part of something historic, building community. Other unique options also available online. Visit 1uvgallerystudio.com/plans-pricing to register for and purchase your plan today.

## 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.

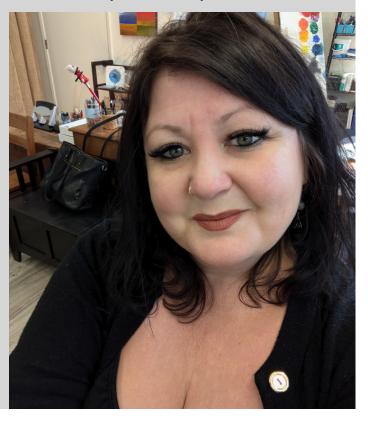
As a melting pot of individuals from varied ethnicities and Cultures of origin, it is important to find and build a common American Culture informed and enriched by the places we have come from to create the place we are together. One way this can be achieved is through support of Art and Artists and 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 add to the community where I pay to have my business include: various intellectual social events for less than the cost of going to the movies, ReiKi services, creative and spiritual

consultation, space for taking a break from technology, organizing of Slow Art Day events, publishing 1UV MONTHLY, the annual 1UV 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. 40 for information on the 1UV business model. 1UV embraces Slow Philosophy. See pg. 43 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.



## 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 July Issue - May 1

Feb. Issue - Dec. 1 Aug. Issue - June 1

March Issue - Jan. 2 Sept. Issue - July 1

Apr. Issue - Feb. 1 Oct. Issue - Aug. 1

May Issue - March 1 Nov. Issue - Sept. 1

June Issue - Apr. 1 Dec. Issue - Oct. 1

To submit an advertising request visit 1uvgallerystudio.com/1uvmonthly. 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 via credit card.

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. TO SUBMIT VISIT: <a href="mailto:luvgallerystudio.com/luvmonthly">luvgallerystudio.com/luvmonthly</a>

## BECOME A 1UV AFFILIATED MEMBER GALLERY

1UV Gallery-Studio Membership Affiliation will entitle the Member Gallery to a listing in a published Member Directory with link to your website, full 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 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
- 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 environmental sustainability
- 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 visit <u>1uvgallerystudio.com/becomeamembergallery</u>

Submission of application does not guarantee Membership. You will receive an email confirming your application submission and then a registered letter of acceptance or rejection in the mail. If your Membership is approved, you will be invoiced for the initial (one time, non-refundable) membership fee of \$500. Further instructions will be sent with your invoice.

## Participate in Let's Go Swapping, a 1UV a kind interactive Art installation.

We are smothering and burying ourselves alive in textiles.

People in Countries all over the globe are marginalized and die in the process of garment and textile manufacture, disposal and recycling. The irony of the situation is the majority of persons who die in this process live in Countries like India, Bangladesh, Chile, and Guatemala with rich cultural histories of creating some of the most beautiful and long lasting textiles throughout human history. These Artistic practices have been usurped by the manufacture of low quality "disposable" textiles for the fast fashion industry. It's a hard pill to swallow when you consider the items in your closet and the piles of used and even new garments that end up in giant landfills all over the globe.

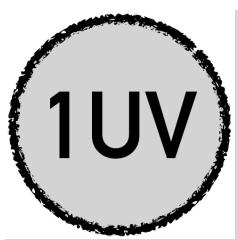
Shopping is still fun and "new" items are still needed. Visit 1UV during regular business hours and consider the implications of textile consumption in a fun and creative way. Interact with the Let's Go Swapping Art installation.

Bring (up to) 5 items of clothing from you or your loved one(s) wardrobe that are clean and still in great shape to swap out with items in the installation. The items you bring must be clean and in new to excellent (used) condition. You must leave a piece to take a piece and to take a piece you must leave a piece. Find new treasure for yourself or your loved one(s), lower your carbon foot print and save some money while considering the impact of fast fashion and consumption practices across the globe.

Items for sale at 1UV ARE NOT part of the installation.

Changing Room available.

Visiting Guidelines & Policies apply. (See pg. 43)



## 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 inseason 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.

## **1UV PARTNER BUSINESSES**

1UV is seeking Partner Businesses in and near Midtown Santa Cruz for events, services, and promotion. The possibilities are enormous. Call 831-226-2586 or email larissa@1uvgallerystudio.com for info.

## **Partner Businesses:**

Sugo Italian Pasta Bar 1116 Soquel Ave. Sant Cruz, CA 95062

Taqueria Sant Cruz 1002 Soquel Ave. Santa Cruz, CA 95062

## **1UV P/MATRONS:**

- Anonymous 1UV a Kind Art Family
- Your name or anonymous title here!
   See pages 38&9 to learn about the benefits and information on how you can become a 1UV A Kind M/Patron of Slow Art and Culture.

1uvgallerystudio.com

## **1UV VISITING GUIDELINES & POLICIES**

WHEN HEAVY RAIN FALL IS PREDICTED FOR THE BAY AREA CALLING AHEAD IS SUGGESTED THE DAY OF YOUR INTENDED VISIT. Children under the age of 16 MUST be accompanied by an adult to visit 1UV. Parties visiting 1UV with more than three children under the age of 16 OR more that three individuals of any age with special needs MUST book a private appointment subject to reservation fee. Socialized, well behaved dogs are welcome to visit 1UV with their people. Mask-free visiting is REQUIRED at 1UV. If you are not well enough to share air with me please don't visit. If I am not well enough to share air with you I will not be open. With the exception of law enforcement body cams, photography or recording of any kind is prohibited in 1UV Gallery Studio without a signed release from the Gallery. Questions about rent or revenue are grounds to be asked to leave. There is no public restroom @ 1UV. All phones must be turned off during drop-in events, ticketed events, and private appointments. If you are using a wheelchair or require other specific ADA accommodation: Handicapped parking is available in the back parking lot and the door is wide enough for chair entry. If there will be multiple visitors in your party using chairs call ahead to ensure the best visiting experience possible. (See second bullet point.) Thank you for understanding that this is my personal workspace AND I am more than happy to make reasonable accommodations to facilitate your visit. 1UV reserves the right to refuse admittance or service.



## FEBRUARY & MARCH EVENTS @ 1UV GALLERY STUDIO



1UV VISITING GUIDELINES & POLICIES APPLY. SEE PAGE 43 FOR GUIDELINES & POLICIES.

MORE INFO AT 1UVGALLERYSTUDIO.COM/EVENTS

## February 13 through 15 VALENTINE'S SALE

10% off existing jewelry, 25% off all existing garments, 50% off all note cards, and 50% off if you schedule any creative service with Larissa (private shopping & field trips excluded)

## February 16 & March 9 noon to 2PM REIKI DROP-IN

\$20 at the door <u>or</u> 1 event pass star per attendee. Experience Reiki in a group setting. 10-15 minutes of personal treatment per attendee. 18 & over. 16 & over with participating parent. Limited space. Bottled water available. First come first serve. Doors open at 11:45.

## March 12 5PM to 7PM Free Thinkers Mix & Mingle

\$20 at the door <u>or</u> 1 event pass star per attendee. It's an intellectually stimulating social event with no pressure! Hear a briefly presented (5 min. or less) theme/ topic/question then mix & mingle over lite refreshments. 21 & over ONLY. Limited space. First come first serve. Doors open at 4:45 and close at 5. Visit <u>luvgallerystudio.com</u> for more information.

## 1uvgallerystudio.com

Event Passes are now available at 1UV.

Each star can be used to be admitted to a drop-in event with a door price of \$20. Eight stars for \$140 is like getting one event free! Cards are good for 12 months from purchase and can be shared.







