

# 1UV MONTHLY - ISSUE 5

MARCH 2024

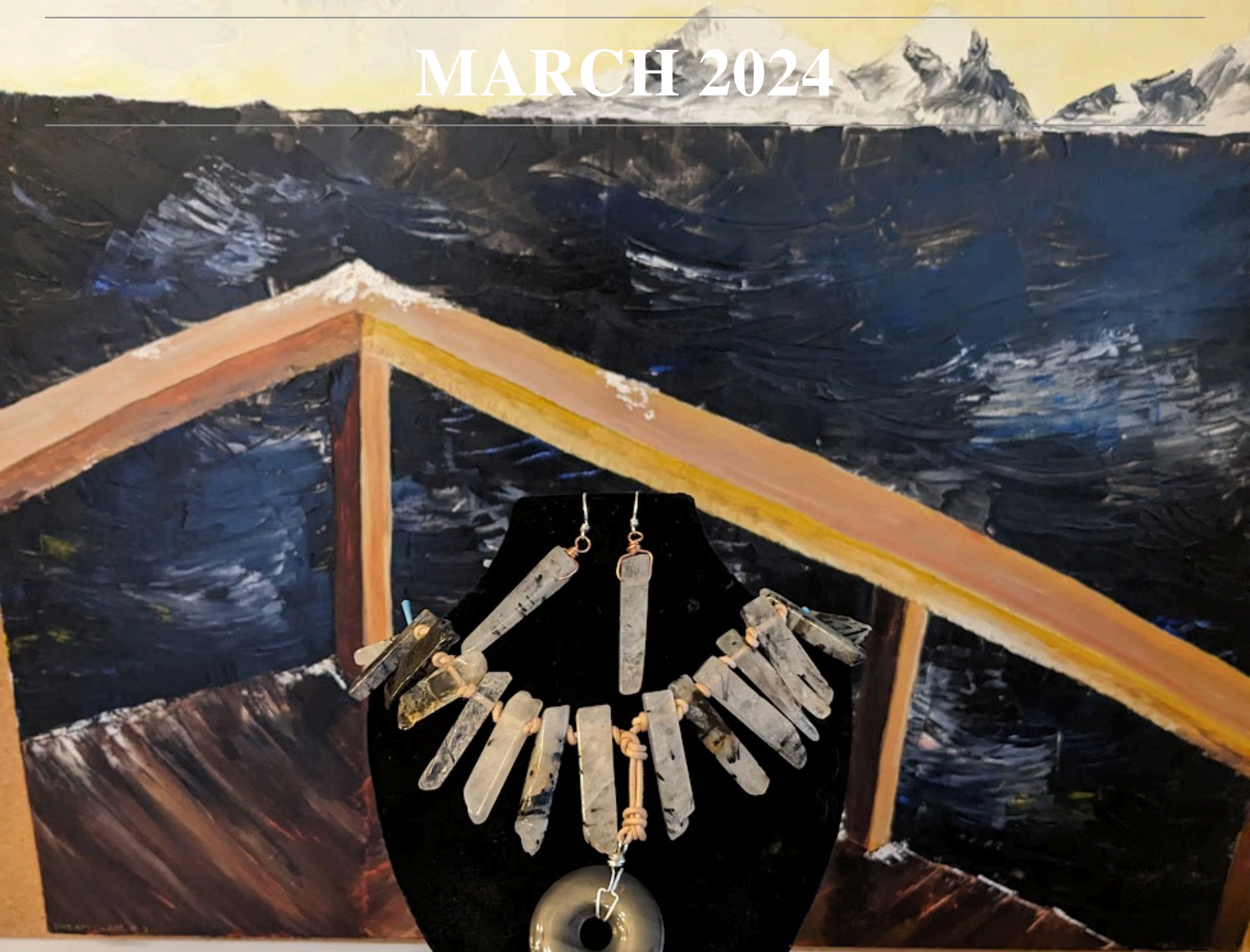


Image: Dream Scape #1 40"x40" oil on canvas  
with Dream Scape #1 jewelry set (2023)

AN INDEPENDENT SLOW ART & CULTURE MAGAZINE



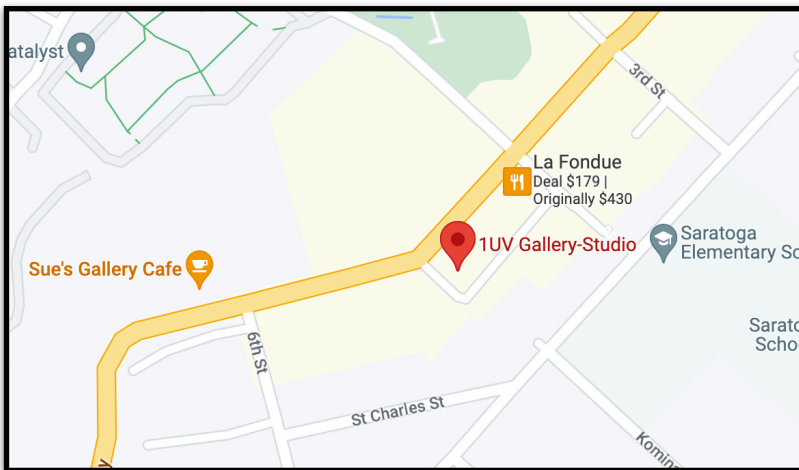
BY 1UV GALLERY STUDIO  
IN SARATOGA, CALIFORNIA

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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 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 10AM - 6PM and Sunday 11AM - 4PM. 1UV is open by appointment Tuesday to Thursday, as well as on Social Mondays and/or for scheduled special events (fees 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, California. Paid advertising and recurring 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 see page 14 for details. Request to contribute does not guarantee inclusion for publication. Guest contributions may not include advertising. For advertising pricing see pg. 14 for more information. 1UV MONTHLY is a free periodical paid for and distributed by 1UV Gallery Studio, and supported by paid advertising.

**ISSUE 4 CORRECTIONS & REDACTIONS:**

See “Letters to/from the Editor”, right.

**LETTERS TO/FROM THE EDITOR:**

Dear Valued Reader,

As of March 1st, 1UV’s Sunday hours will be 11AM - 4PM. Also, in the February issue I published the first installment of a multiple issue article about my experience with the Laseraway company. In this article I identified the Laseraway Sales Associate I spoke to as Heather Acosta. Her last name is Costa. This misprint of her name appears in quoted text in this issue. Also, the CEO’s last name is spelled Heckmann (2 “n”s). I hope you enjoy reading the article installment (pg. 11) more than I enjoyed my second round of Coolsculpting. I had to reach out to the CEO, Scott Heckmann, formally and after subsequent interaction with Laseraway staff have discontinued their services. Please read on to find out what I’m talking about, and thank you for reading 1UV MONTHLY.

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

MARCH 2024

## ARTWORK LOGISTICS

### The right space and time

Having a dedicated studio space outside of my home (once again) has really impacted my process and productivity. Before opening 1UV my workspace was all over my house and that meant that I never was able to really walk away and get a break from my work. The last time I had studio space outside of my home was 20 years ago when I opened Studio 19 in Sunnyvale, CA. When we moved out of Sunnyvale to Santa Rosa leaving the South Bay had been easy with the only downside being leaving my studio behind. For a number of years while we lived in the North Bay I didn't have any space appropriate for studio work and so didn't produce any Art. It's a long story that I'm not going to get into here, but the short of it was I was left very bitter after my experience with the South Bay Art scene in the early 2000's. But an Artist rarely remains idle for long. The breaking point finally came and I couldn't take it any longer. Slowly, Art making crept back into my life. It started with sewing garments, functional quilts and Art quilts I called sewn paintings. Then it branched out into something I hadn't done since my teens - music, dance and performance. By the time we left the North Bay and settled in the East Bay I was primed and ready to have a proper studio once again. Eventually we found a live/work loft space where I opened my first Gallery, The Clock Tower Studio/Gallery at The Cotton Mill Studios in Oakland's Jingtowntown neighborhood. My Oakland experience was a whole different kind of wild. Oakland almost killed me...literally...on more than one occasion. The violence was why we left. The home we purchased has room on the property for the construction of studio space, which is what we had originally intended. I even drafted a detailed and beautiful set of blue prints for the space we were going to have built. Then they were stolen with a bunch of my other work and belongings and I ended up in Saratoga opening 1UV Gallery Studio. The whole thing up to this very day has been and continues to be a ride of being in the right (or wrong) place at the right (or wrong) time, depending on how you look at things. One thing is for sure...I am not the same woman I was when Omar and I moved to California in May of 2001. I have become skeptical and hard in ways that I wouldn't have believed possible if you told me back then. Sometimes I feel like the newly married young woman who moved to California from Michigan died somewhere along the way and now some other woman lives her life and makes her work.

*(cont. next pg.)*



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I can not lie. Sometimes it makes me sad. Sometimes I miss that young woman so full of optimism and hope for the future. Other times I think good riddance to that dumb girl. I didn't dislike myself then and I don't dislike myself now. I just acknowledge that time and circumstances have changed me at a core level and the logistics of work/life balance have directed the content, context and substance of my work. I never imagined that twenty-some years later I wouldn't have a metal studio, that most of my work would be painting or that I would count myself among survivors of so many viscous assaults.

One way the things I can't control have effected my work is demonstrated by the painting featured in the image at the bottom of this page, Fish Eye View Of The CZU: Devilfish Watched. The three panel, 16' by 4' oil painting is one of if not the largest painting I have ever executed. It's certainly the largest oil painting I've ever completed. Size was a very important part of the work for a few reasons. After the blueprints and five Deconstructed Encaustic (TM) painting's were stolen from our Santa Cruz County home, I felt compelled to paint something really big that would be next to impossible to steal. After being both physically and sexually assaulted in Santa Rosa and Oakland, the theft of my Art work wounded me far worse. I'm not sure I will ever get over the violation. So, before I even knew what I was going to paint I went out and bought the three largest wood panels I could afford and brought them home.

Omar brought the panels into the house and we situated them in our living room, propping them up against the entertainment center below our fish tank that houses the object of the painting, our angel fish named Devilfish. With the blank panels in place I gazed at them searching for the vision of the finished work in my mind's eye. I had done some small watercolor studies during the time of the CZU fire that kept coming up for me and decided I wanted to make a painting about the fire event. Our home is located 16 miles from where the CZU fire started in August of 2020. Our property is 12 and half acres of second growth redwood forest in the Santa Cruz Mountains and for the duration the fire burned the sky was orange. Ash and burnt bits of peoples homes rained down over our yard. The experience was deeply moving and emotional. On one occasion I was standing out in the small pasture beyond our fruit trees as ash rained down on me and a piece of burned upholstery fabric fell on my head and face. As I touched it the half ashen material crumbled in my fingers and I was acutely aware of touching the destruction of someone's home. After that I collected some of the ash and brought it in my home and ground it into a fine powder. I used this black powder to make pigment that I used in one of the small watercolor studies I was thinking *(cont. next page...)*



## In This Issue cont...

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about as I gazed at the enormous blank panels in my living room. Devilfish watched me as I looked at the panels and then I knew what I was going to paint. The composition began to take shape in my mind's eye and I was excited to start the work.

During the days of the fire I had observed an interesting behavior in Devilfish. One of the walls of our living room is a floor to ceiling window looking out into the forest. Devilfish is a male angelfish and has a female bristle-nosed plecco tank mate, Daryl (like Daryl Hannah). Everyday Devilfish would swim to the edge of the aquarium and seemingly watch out the window at the orange sky and raining ash. If Daryl came out of her catfish cave Devilfish would chase her back inside, as if

trying to protect her. This behavior went on every day and Omar and I joked about it. Finally I called the Monterey Bay Aquarium and spoke with one of their biologists asking if Devilfish was able to see through the aquarium glass, across the living room, out the window at the flame orange sky. I was assured that Devilfish could in fact see, that his eyesight was at least as good as my own.

Once the fire was over Devilfish stopped the behavior and went back to just swimming in a relaxed manner, allowing Daryl to come out whenever she pleased. Fish Eye View Of The CZU is a portrait of Devilfish watching the

fiery sky out the window of our living room. The large black wheel in the center is the shadow cast across the living room and the panels by/of the antique wagon wheel chandelier that hangs in our living room.

The painting took me a little over three months to complete. The studies were watercolors and the series of paintings I had done before the studies were large scale watercolors. I wanted to use oil on the panels, but I wanted them to have the appearance of watercolor. I achieved this by mixing the paint I used from pigment in a combination of boiled and raw linseed oil without extender medium of any kind and applying the paint

in transparent layers. In order for this process to work I had to wait for each thin layer of color to dry entirely before adding the next layer to build the color in a way that resembles watercolor. I'm very pleased with the outcome and so was Devilfish. Once the painting was complete and dry Omar and I hung the panels directly across from Devilfish's tank and he looked at it for a good long time. He even seemed agitated when we eventually removed the piece from the living room and brought it to 1UV.

In a perfect world I'd have a large empty room to exhibit the painting...or better yet, if someone came in and fell in love with it and bought it giving it a forever home. The work is



Devilfish in his tank in the living room.

priced at \$25K USD. But we don't live in a perfect world. The painting is very large and takes up a lot of wall space in the Gallery. Having a dedicated working studio space has meant I have been able to be fairly prolific with my work. As I approach completion of the Dreamscapes series I find myself in need of the wall space Fish Eye View Of The CZU takes up. The piece would look great in a the right hotel lobby or conference room. The colors are bright and cheerful, the composition is dynamic, and the concept/story is a piece of recent and significant California History.

If you or someone you know has a large space that is open to the public and are interested in hanging Fish Eye View Of The CZU I would love to talk to you. I'm open to displaying the work and, if it sells, offering the exhibiting venue a generous commission on the sale. In addition I would carry an insurance policy while the piece is hanging. Stop in the Gallery some time and see the painting in person. Visitors to 1UV generally respond very positively to the work. You never really get to know or understand a work until you spend time with it in person. It's all about finding the right space at the right time.

■

# 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.

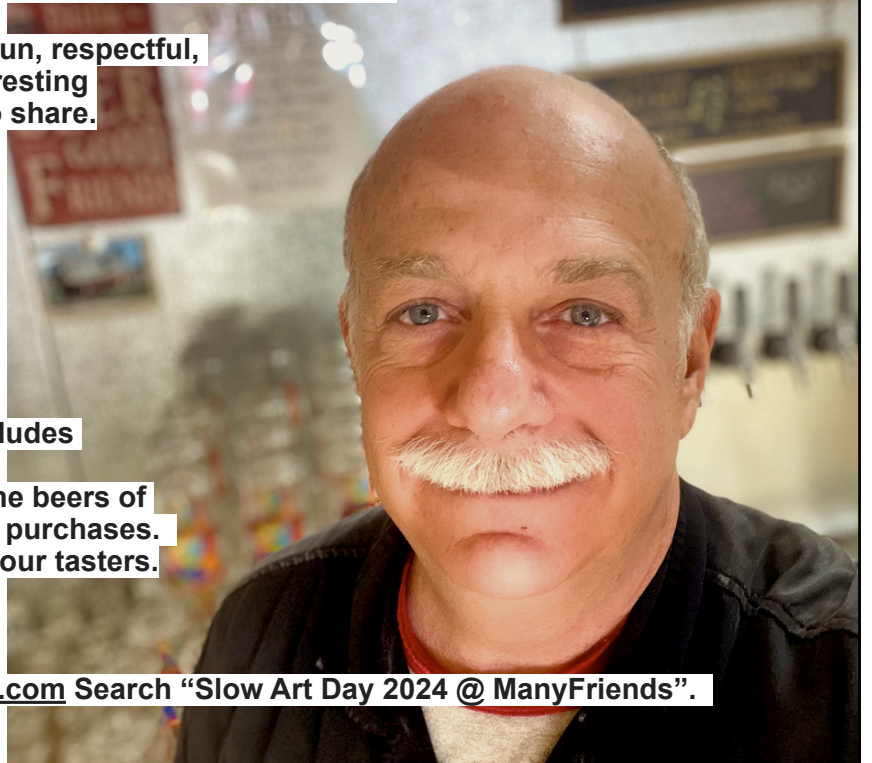
Come, enjoy each other!

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](http://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.

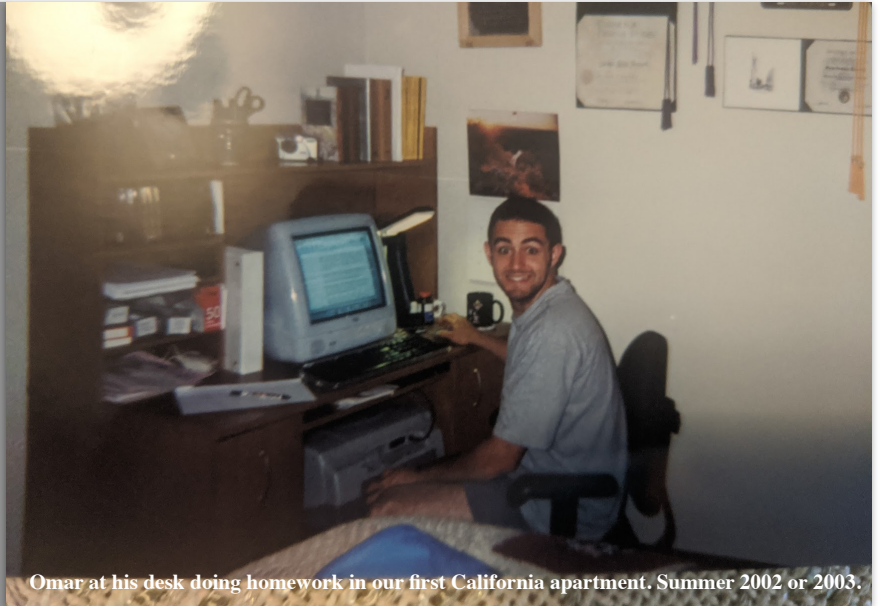
Your Hong's Gourmet Slow Art Day ticket includes slow Art viewing at 1UV Gallery Studio (14572 Big Basin Way Unit C) and (\$25 towards your) lunch and conversation "with the artist at Hong's.

Ticket Price: \$35

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

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

**MARCH 1ST  
HAPPY  
BIRTHDAY TO  
MY HUSBAND  
& FRIEND,  
OMAR.**



Omar at his desk doing homework in our first California apartment. Summer 2002 or 2003.



**1 UV a kind WOMEN'S AND MEN'S garments by Larissa  
ONLY at 1UV, starting at \$125 USD (+ tax)**

Shop existing men's & women's Black Friday Jackets & pajamas, women's Clown Suits and dresses, and men's T-shirts Friday through Sunday from 10AM to 6PM, or schedule a Creative Consultation to have your own custom garment made. See page 37 for info on scheduling a Creative Consultation and/or Private Shopping experience.



## ENJOYING 1UV MONTHLY?

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

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

**CHECK OUT THE 1UV BLOG:  
CRITICAL THOUGHT**  
[www.luvgallerystudio.com/blog](http://www.luvgallerystudio.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@luvgallerystudio.com](mailto:larissa@luvgallerystudio.com).



Now available: **CREEP BABIES**, a series of 1UV a kind jewelry by Larissa **ONLY** at 1UV starting at \$50 USD (+ tax)

Shop existing work Friday through Sunday from 10AM to 6PM, or schedule a Creative Consultation to have your own custom piece(s) made. See page 37 for info on scheduling a Creative Consultation and/or Private Shopping experience.





# 1UV COLUMNS & CLASSIFIEDS

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

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

1UV MONTHLY supports, practices, and advocates The First Amendment of the US Constitution.

## THE SARATOGA POOP SCOOP

A column for the Dogs of Saratoga & their People

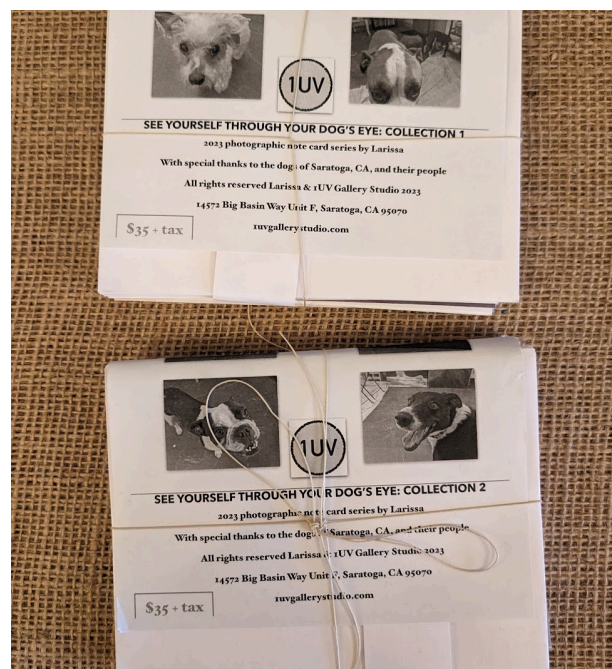
### See Yourself Through Your Dog's Eye...

Photo left: Bundled notecards of Collection 1 & 2

As a result of the *Fur Babes of Saratoga 2024 Calendar* project I had a lot of great photos of dogs. Not all of them could fit into the calendar's pages. I didn't want to let those photos go to waste. Two things that make me smile are dogs and receiving a hand written note in the mail. So I decided to put together some note cards.

When I invited Saratogans to bring their dogs to 1UV to be photographed, I explained my pet portrait method and the philosophy for the calendar. I wasn't interested in over posed, unnatural photos of their babes. I wanted to capture the personalities of the unique four legged furry Beings that have become the friends who enjoy visiting me at 1UV the most.

When dogs arrived with their people for their photo shoot the gallery door was closed behind them upon entering. They were released from their leash and allowed to investigate the Gallery and the Art at their leisure. They were welcome to have treats and interact with me and their people as they pleased. As the dogs behaved in their natural way I took photos. For each dog in the calendar I ended up with twenty photos or more. Not all of the photos are noteworthy, but many of them are. When laying out the calendar I had to take into consideration how the images would relate to photos of the other dogs included in each month. Because of this, some of my favorite photos didn't make it into the calendar. The criteria for the calendar was more complicated than just choosing



the photo I liked best. I also had to consider the overall composition of the photo collage I was designing for each month. Through this portraiture process I ended up with some interesting photos of dog's eyes as they interacted with me while I was snapping photos.

The dog eye photos got me wondering what exactly they were thinking. They all certainly look happy. Dogs have a way of seeing the World that invokes human jealousy. How is it that they are able to remain happy go lucky in spite of life on a leash? How is it that they can love us when we have trouble loving ourselves? What do they see that we don't? Wouldn't it be great if we could see ourselves through their eyes? Thus were born these simple collections of note cards. Each collection includes ten different black and white images of Saratoga dogs gazing at you with unconditional love. The interior is left blank for your personal message. Each bundle of ten cards is \$35USD + tax, available only at 1UV. ■

## LIMITED PALLET

A lacto-ovo vegetarian centered column

### BEING VEGETARIAN ISN'T HARD IN SARATOGA

Find Extensive Vegetarian Menus at Hong's Gourmet & Mint Leaf on Big Basin Way

In the world of American eateries purely vegetarian restaurants are few and far between and notably good vegetarian restaurants are unicorns, indeed. Vegetarian-centered menus are largely seen in American culture as "less than" meat-centered menus. Meat eaters are so frightened by the idea of forgoing animal flesh for even a single meal. When many meat eaters attempt making a vegetarian meal the most common things they attempt are salad, macaroni and cheese, pizza, or some such high starch high fat option. These things are all great, but are far from comprising a balanced diet. When I first became lacto-ovo vegetarian I went through a period of time where I bought vegetarian cook books left and right to re-learn shopping, meal planning and cooking for myself. Where once my husband I had been able to visit any eatery we wanted, now we were limited. It was an interesting experience and I discovered some cuisines that I hadn't really tried before. Ethiopian restaurants became a fast favorite as did Buddhist-run establishments. I was already familiar with Indian food, but we started eating more of that too. The basic rule to vegetarian eating is a bean and a grain OR a seed and a green provide the right balance of amino acids to create a complete protein. Soy beans are the only beans that provide a complete protein without paring. Quinoa, or any sprouted grain, also provides complete protein. Eating at the homes of non-vegetarian friends and family is almost always a challenge so, unless I want to cook, finding places to share a meal is important.

Most American eateries these days have at least one vegetarian option on the menu but in many cases that option is not as good as the meat-centered items on the menu. Vegetarian cooking requires the chef to approach seasoning, paring and preparation in a different way. Wines and mixed drinks don't pare the same way with vegetarian plates as they do with meat-based plates. The vegetarian option on meat-based menus is most frequently no more than a polite acknowledgment that vegetarians exist. Asking that the vegetarian option is delicious or nutritionally balanced is often seen as too much.



Hong's Gourmet  
14510 Big Basin Way  
in the Village Square



Mint Leaf Cuisine  
14420 Big Basin Way  
next to Chase Bank

In Saratoga there are a number of places that have vegetarian options. Two of the most notable are Hong's Gourmet and Mint Leaf Cuisine. Both feature complete vegetarian menus in addition to their meat options and include appetizers, soup, salads AND main courses. The first time I ordered the vegetarian fried rice at Hong's I was even pleasantly surprised when I was asked if egg was okay in my dish. Hong's fried rice is delicious as is their hot and sour soup which is a pork-based dish at most other Chinese restaurants. Hong's version is vegetarian. The vegetable crispy noodles is also a delicious option. At Mint Leaf, ask for the vegetarian menu. They will give you the meat-based one unless you specify. I particularly like their green papaya salad and Tofu on Fire. The spring rolls and peanut sauce are also amazing. Both Hong's and Mint Leaf make being vegetarian in Saratoga easy. ■



## LIVING POETIC

### A column for original poetry

*I wrote the following poem for my husband, Omar as a wedding anniversary gift a few years back. I have also set this poem to music and have performed it live at several venues and events. I include it in this issue for his birthday.*

#### To Omar (or Anniversary Song)

Been times when memory has faded to grey through the years along the way

When Love has gone away

And everything I thought knew wasn't true when it came down to me and you

And when I turned away from everyone I finally saw my reflection

And when I'm feeling blue all I have to do is think of all the little things you do

Like bring me coffee in bed

Help me ease my aching head

Wash my dishes and help me mop my floor

I couldn't ask for any more

How could I ask for any more

## NATURAL BEAUTY

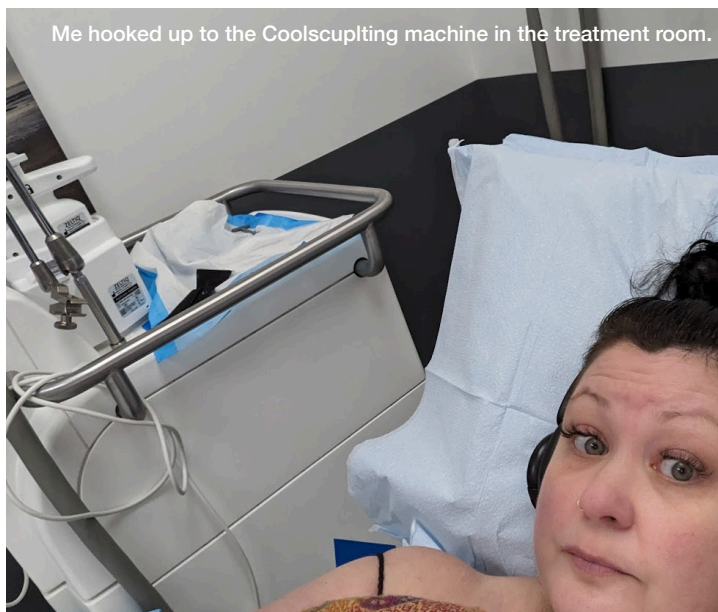
### A column on body aesthetics

#### My Laseraway Experience - Working With the Body's Natural Process for Cosmetic Repairs Continued...

On January 7, 2024 I returned to Laseraway in Los Gatos, CA for my second round of Coolsculpting treatments. After the pleasant experience I had at my first two treatments I eagerly returned anticipating an equally pleasant experience. Upon arrival things seemed no different than the first two other than different staff was working. The technician who had attended during my first two appointments, Jaylene, was not present. This time a young woman names Brianna V. (listed on her name tag) was attending technician. As I sat down to wait for my appointment to begin I was struck by the fact that all staff was different than the last two times and I listened as the person at the front desk, Norma, called another location to request the gel pads for my treatment because they didn't have any. The scheduled start time for my appointment passed as Norma tried to source the materials needed for my Coolsculpting. I was a bit alarmed since I had made this appointment in late October of 2023. The facility was well aware of my appointment. Nothing was last minute on my part. The gel pads are a necessary component. They protect the skin and help maintain the suction of the machine during the treatment.

Finally Brianna called me back into the treatment room. While she was pleasant, her bedside manner was less professional that Jaylene's had been. Where Jaylene's focus had been on the treatment exclusively, Brianna was eager to tell me about her personal life. It was nothing outrageous, but a marked difference from the purely professional demeanor of Jaylene. After my last visit I had inquired about getting copies of the photos taken at my visits for use in this article. Ms. Costa told me she would put in the request but I never heard anything back from her. I asked Brianna about the photos. She said there was a form they had at the front desk for me to sign, a standard medical record release.

The second treatment went otherwise much like the first, though after I was a bit more sore than the first time. A staff member who did not share their name with me told me she had the same experience. Then I asked Norma for the release form to sign for the photos. She said she didn't have one on hand and that she would email one to me to sign via docusign. The email never arrived. *(cont. nxt pg.)*



Me hooked up to the Coolsculpting machine in the treatment room.

My initial reason for contacting you at this time is to share with you copies of the magazine I write, edit, finance and publish, 1UV MONTHLY, from my Saratoga, CA based business, 1UV Gallery Studio. You will find enclosed copies of both the current (January 2024) issue and the yet to be released to the public February 2024 issue. I share the January issue with you so you may see the quality and breadth of the work I do. Not only do I generate the copy for the periodical, but also all of the Art works featured. The magazine is print marketing material for my business. I share the February issue with you as a professional courtesy. The February issue includes the first installment of the article I am writing about my experience with Laseraway. The next installment of the article will appear in the March issue with a possible third installment in the April issue. I thought you may find the article of interest.

Rather than recount what happened next I'm going to share the contents of the letter I sent to Laseraway CEO, Scott Heckmann, from whom I have yet to receive a reply. This is the letter I sent:

Tuesday, January 9, 2024

To: Scott Heckman, CEO, Laseraway Holdings LLC

Hello Mr. Heckman. My name is Larissa [REDACTED]. Professionally I only use my first name, Larissa. I have been receiving Coolsculpting and Thermage treatments at your Los Gatos, CA facility since November 2023. A number of years ago I received hair removal services at your Walnut Creek, CA facility in preparation for a photo essay my husband and I published called Susanna's Revenge. I reached out to you via LinkedIn regarding this matter before scheduling my Coolsculpting and Thermage appointments. To date I have received two Coolsculpting treatments and one Thermage treatment in Los Gatos. As I explained when I reached out on LinkedIn, I am having these procedures as a means of cosmetic correction after being attacked by a transgender man in public with a needle that I suspect was full of a high dose of male hormones because of the way my body was altered in the following weeks. I apprehensively returned to Laseraway after a less than positive experience at your Walnut Creek facility. I only returned after speaking with sales associate, Heather Acosta, and being reassured that I would be treated respectfully. I will come back to the issue of being treated respectfully.

In my endeavor to deliver these items to you I attempted to get the appropriate mailing address from representatives at the 800 number for your company, the 310 number, and from representatives at the Los Gatos facility. No one was seemingly able or willing to provide a verified/definitive address for the company. I was offered a myriad of excuses about the address. I found this strange. I finally confirmed the address to which I have sent this correspondence from the State of California. In the process of speaking over the phone with Laseraway employees: Stephanie, Michelle, Gina, Norma and another woman who did not offer her name, I was concerned by a number of things.

In addition to confirming the address of your company I was also requesting copies of the photos taken of my nearly naked body in the office by your staff (Jayleen and Briana). This requires a medical release form. I requested the form at the time of my last visit on January 8, 2024 but was told they didn't have one on hand and would send me one via docusign. That was fine, except that I did not receive the email. So, when I called to confirm the address I was also inquiring about the form. I was given the runaround and treated very disrespectfully. Staff addressed me as "my dear" and "hon" as if I were mentally challenged, feeble, or a child. At one point I was mocked by one of the women with a strange falsetto voice and "Valley Girl" lingo. She pretended to not be able to hear me and hung up. I was in no way rude to any of these people, nor did I speak to them with a raised voice. I had only returned to Laseraway at all after my Walnut Creek experience after Ms. Acosta had assured me that I would be (cont. pg. 19)



## 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.

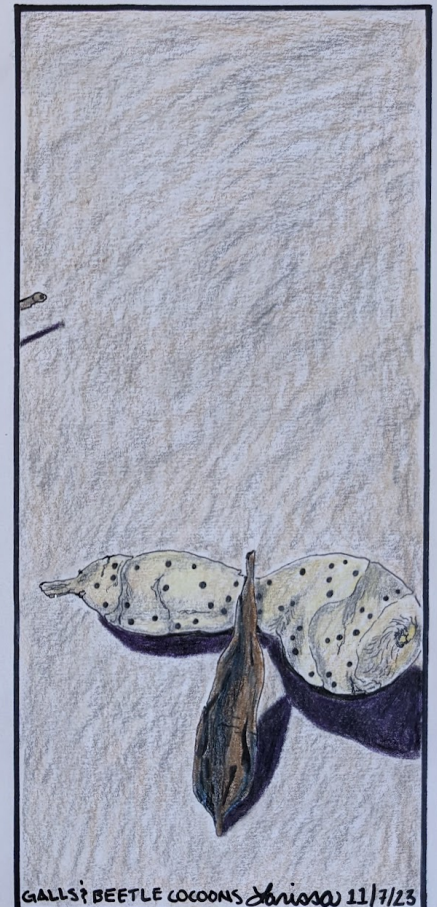
Namaste.

### CREEPY LITTLE STILL LIFES...

The image of the small two panel still life (right) features acorns and oak twigs collected locally. One of the acorns is healthy, the other three and the twigs, were used by insects to lay their eggs. The insect lays its eggs in the tree. The eggs hatch and gestate while feeding on the tree's sap. The gestation of the insect causes deformity. The tree is not killed the first season or three, but the insects will continue to return to the affected tree season after season until the tree dies of starvation. Oak trees that are infested this way burn hotter and faster during wild fires due to being aerated by the insects. Trimming affected branches from oak trees is a very important part of California tree maintenance and fire safety in residential areas. Burning the affected branches is a better choice than chipping. The insects know which trees to return to because of a pheromone marker they leave. Chipping spreads the scent, inviting insects near other healthy trees. These forms are creepily beautiful. The still life is ink and colored pencil on 11"x10" bristol board.



SMALL SPLIT PANEL STILL LIFE WITH OAK



GALLS? BEETLE COOONS *Larissa* 11/7/23

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**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.**

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# FABRICATION TECHNIQUE & METHOD

## ONE BAD MOTHER: Pearls & Mother of Pearl

Years ago when I opened my first Studio, Studio 19, in Sunnyvale, I was focused on jewelry making. It makes sense. It is what I received my college degree in from CCS in Detroit. At that time (early 2000's) I was doing a lot of craft fairs, trunk, fashion and bridal shows. Bridal shows seemed to be happening everywhere all the time and I did a number of them. Since I was focused on bridal jewelry - things like tiaras, crowns, hair pins, necklaces and earrings - I was buying a lot of pearls. In college I studied metal smithing and while I knew how to fabricate all kinds of forms from metals, I knew far less about stones and pearls. None of my courses had covered any type of stone setting beyond bezels sets, and we learned zero about gems or pearls. Knowledge I had about gems and pearls upon graduation came from two places, my maternal grandmother and the short time I worked in Birmingham, Michigan for

goldsmith, Richard Grinstein, doing bench work. It was Grinstein who really got me interested in pearls. Since then my knowledge has come from experience and self education.

Most two-shelled mollusks can and do make pearls, whether in fresh or salt water. A pearl begins in a mollusk when a grain of something gets stuck and begins to irritate the mollusk's soft body causing the animal to encase it in nacre to isolate the offending irritant. Natural pearls, salt or fresh water, can come in a range of colors depending on the species of mollusk and the environmental conditions. Salt water pearls are generally rounder and larger but the size has a lot to do with the size of the mollusk that generates it and how long it's allowed to develop. The roundest pearls are cultured, meaning an irritant is placed in a mollusk by a "farmer" to encourage a pearl to grow. The rounder the irritant is the rounder the pearl will be. Large roundish "misshapen" pearls are known a "Baroque" pearls. In freshwater pearls some form into a potato-like shape and are known as "Potato" pearls. Sometimes a pearl forms close to the shell, as opposed to in the center of the mollusk's flesh and become attached to the interior of the shell in a blister-like form. These are known



Hand carved antique mother of pearl buttons.





as “Mabe” pearls. I think all pearls are beautiful, natural, cultured, fresh water, salt water, dyed, irradiated, or natural colored, but of all the variety of pearls, Keshi are my favorite. Keshi pearls occur in farmed mollusks when there is more than one pearl forming at a time and these “extra” pearls form near the lip of the mollusk.

Because of their proximity to the lip they are extra irritating to the mollusk and receive a kind of “concentrated” nacre that is more lustrous than all the other types of pearls. Keshi pearls also have very interesting shapes ranging from looking like nuts to flakes to even small teeth. They possess an intense iridescence that is captivating and require no color manipulation. Keshi pearls come from Japan and are highly sought after. Because of their shape they can be challenging to knot, the most traditional way of fastening pearls into jewelry.

Stringing and pearl knotting are arduous tasks and something that took me a while to get the hang of. I still wouldn’t call myself a master at it, but I can do it if I need to. In general, I send my pearls and other stones out to be knotted. Most people charge by the inch. Recently I had a challenging piece I made in the early 2000’s restrung. It wasn’t pearls. It was a three stranded necklace of tiny variegated hessonite garnets with a sweat-soldered graphic pendant. The necklace is about

20” long. It cost me almost \$300 to have it restrung...and that was just straight stringing, not knotting. If it had been knotted the cost would have easily been doubled. Most people don’t understand the level of skill it takes to do such things. There’s a reason why stringing and knotting are so expensive.

Back when I was buying pearls for the bridal jewelry I was making, pearls were fairly easy to come by at trade shows and while they could be pricey, they were well within reach. These days quality pearls are much harder to come by and are significantly higher in price, particularly the prized enormous black and pink South Seas pearls. I still have some inventory of loose and strand pearls from my days of making bridal jewelry. I’ve also come to collect antique Mother of Pearl buttons.

Mother of Pearl is what the material from the shell of the mollusk is called. It was at one time very popular for buttons and beads. Mother of Pearl buttons were carved and sometimes even painted with intricate designs and were very popular in the late 1800’s through the 1950’s. The sweater sets that were so popular to wear with poodle skirts were notoriously adorned with Mother of Pearl buttons.

With the rise of plastics,

synthetic versions of the delicate tiny Artworks were replaced in the mass market. Ironically, these plastics are in large part contributing to the destruction of the habitats where the mollusks who make the real thing thrive.

The antique buttons I collect I use to adorn the garments I make, in particular my jackets. I don’t place the buttons in such a way as for them to be functional. I use them as surface adornment. They add a graphic punch to my designs. Besides, buttons fastened to garments for functional purposes (closing a shirt or a jacket) frequently fall off from the stress of being touched. The buttons I collect and use in my garments are tiny pieces of historical Art and it would be a shame to lose too many of them, so I use them compositionally. Antique buttons, Mother of Pearl buttons in particular, can be pricey. The sheet of pearls featured in the image on page 16 cost me \$275. There were under 30 buttons on the sheet when I bought it. That’s almost ten dollars a button...wholesale.

A while back a woman came in 1UV and was thumbing through my display of garments. She picked up one of the more expensive jackets and looked at the price tag. The jacket is adorned with antique rabbit pelts, up-cycled leather, custom embroidery and over a hundred antique buttons, and half are

small Mother of Pearl and hand cut glass. It took me forever to sew on all those buttons and my hands hurt for days after. She turned up her nose and looked at me with a frown as she told me she wouldn't pay more than \$75 for such a garment. I scoffed at her and informed her that the antique buttons alone on that jacket cost over \$200 wholesale. She gasped and nearly dropped the 1UV a kind garment on the floor saying, "I had no idea." Exactly, I thought to myself. Like the vast majority of people on this planet she is ignorant of where anything comes from, what it costs, or how it's made. This lack of understanding and appreciation is a driving force behind the dependence on Fast Fashion industry in general and is destroying Cultures. Mass production is a driving force behind fossil fuel usage and the change in climate that is making it difficult for our human species to exist peacefully with each other. This woman was around the age of my own mother, the only difference being that my mother sews and knows how things are made and where they come from. The rude woman in my Gallery was complaining about the price of my garment, but the



Antique Mother of Pearl buttons on the back of a Black Friday Jacket I completed in late December 2023.

truth is the cheap knock-off clothing she was wearing cost her and rest of us so much more. Pearls are a traditional symbol of wisdom, which is why my Grandmother gave me hers. Too bad that rude woman's mother didn't raise her in a way that made her wise. ■



Natural pink baroque pearls knotted on black silk with onyx skulls and plastic babies. A detail of a piece from the Creepy Baby series of 1UV a kind jewelry. All works from this series have been knotted and/or strung and/or wire wrapped by Larissa.

*My Laseraway Experience Continued - Working With the Body's Natural Process for Cosmetic Repairs continued from pg. 12...*

addressed respectfully by my name. Finally, Norma, who works at the Los Gatos facility, revealed to me that your files had incorrect contact information for me, which I KNOW I had updated because it needed to be accurate in order for me to apply and be approved for your financing option. Both the mailing and email address Norma read back to me were inaccurate. Ms. Acosta has emailed me successfully numerous times before this point. Then, when I finally opened the form I was asked to electronically sign, it was blank. If I hadn't reviewed it carefully I would have been signing a blank check, so to speak, that your staff could have filled out in any way they wanted and sent my sensitive information to any stranger they pleased. All of this is quite concerning.

Perhaps your company mostly provides services to common trashy shallow excuses for women who are simply obsessed with trying to look like call girls. That is not who I am now or who I ever have been. As I expressed to you in my LinkedIn communication, I am not a Kardashian/Jenner wannabe. I do not get money or name recognition from my family. I am educated and accomplished. Everything I sell I design and fabricate myself. I have been married 23 and a half years to the same man. We own our home, our cars are paid for and I own and run my own business. In addition I have extensive experience working with at risk communities, including incarcerated and trafficked women and girls, and I am a survivor of a series of vicious physical and sexual assaults myself. Being addressed in an infantilized manor by girls who haven't made anything of note other than a baby and can't even tell me who signs their paycheck is beyond insulting. Until my phone experience with your employees yesterday I was more than prepared to write a glowing second installment to the article in my magazine. As of this moment I'm not sure how the second and possible third installments are going to read in comparison with the first (included in the enclosed February issue). I do not lie or embellish, but I also don't mince words. I respect myself and the profession of journalism.

Your services are not what I would call affordable. Not everyone can access them. I have not received or asked for any price breaks or industry comp. I am paying out of pocket. This is even more important to note since as of my first Coolsculpting and Thermage treatments I

have seen little to no change in my body and there have been some unpleasant side effects that I think readers will be interested to know about. On January 8, 2024 I discussed the lack of change in appearance of my body with Briana, my attending technician. It saddens me that this correspondence is less than congenial. My original intent was for pleasantries. I would like to hear from you about how this is going to be rectified. I am also sending you a copy of my record request. Given the inaccuracies in your files (per Norma) I want not only the images for my article, but a copy of my entire Laseraway file. I request the images be provided in jpeg format in an email to Larissa@1uvgallerystudio.com and that ALL files be sent printed out on paper via registered mail to my home address: [REDACTED]

[REDACTED]. I am also requesting that once the treatments I have already received have been paid for via Patientfi that further charges be paused until I decide whether or not I am going to complete the suggested number of treatments.

I am a reasonable person and wish to have this resolved in a reasonable manner. And, I hope you enjoy your professional courtesy copies of 1UV MONTHLY. Should you find yourself in Saratoga, CA, I invite you to visit during my regular public hours, Friday through Sunday 10AM to 6PM.

I look forward to hearing from you on this urgent matter.

As I always am,

Larissa, Sole Proprietor, 1UV Gallery Studio

After sending this letter I received an email from a person named Katrina who wanted me to sign yet another online document for release of my medical records. For obvious reasons I am hesitant to sign anything more for them. Then I received multiple offers via text for 50% off my next appointment. Then I received a number of phone calls from different staff seeking to "follow-up". On January 18, 2024 one of them caught me at a time I was available to take the call. A person who identified themselves as Alexi and who sounded like a pre-pubescent addressed me as "hon". I told her, "This is over." And hung up the phone. I then attempted to call back to speak with an adult. A person named Sophie hung up one. I called back and got yet another woman, whose name I did not get, who put me on hold and transferred me to Victor who (cont. pg. 33)

## THE ART & POLITICS OF HUMAN HAIR

### Sculptural Performance Art: My Accidental Braid Experience

The week before Thanksgiving 2023 I made a decision about my hair. I know this sounds like some trite self-centered aesthetic grandiosity. But believe me...under normal circumstances a trip to a hair salon wouldn't have journalistic importance to me either. Suspend judgement for a moment and humor me. This is going to be interesting...

So, the week before Thanksgiving I was lamenting to myself about my hair. All my life my hair has been short. My mother cut it off when I was a very little girl and I never grew it past my chin. In fact, for most of my life my hair has been no more than five inches in length and on a couple occasions I have even shaved it down to a velvet pile. On my wedding day in 2000 my hair was no more than three inches long, cut into what's known as a "pixie cut". I have always viewed hair as something that just grew out of my head and the shorter it was the easier it was to take care of. I did ridiculous things to my hair over the years, dying it rainbow colors and having it cut in abstract shapes. My hair has always been strange. When I was born I had jet black hair that stood up in a point on my head. Then as a small child my hair turned a golden blonde. It stayed that way for some time. Then in seventh grade my hair underneath began to grow in a darker brown. In high school I started dying my hair different colors, as was the trend. When I married, my hair was its natural color at the time, a medium brown. Then, when I became pregnant the first time it started to grow in a reddish color, similar to the color of my mother's hair when I was young and her father's hair when he still had any. I only knew for sure about the color of my grandfather's hair because my grandmother kept a lock of it in a locket that he gave her before he left to fight in WWII. He came home a bald man. I was used to my hair

changing and never gave the strange nature of my hair much thought. I liked wearing it short. It was easy to care for and no one ever made much fuss about it. All of this was just stuff I took for granted. Coming from a "mixed" background, genetics can be an interesting thing. But it wasn't something anyone in my family had ever focused on or discussed. We were always just people to each other. Eye, skin, and hair color were of little to no consequence. School performance, personal hygiene and behavior were what was important.

Then came my time living in Oakland, CA. A woman I met, who was a SF PRIDE parade organizer at the time, told me my short hair was "false advertising". I had never considered this. None of the men I had ever dated or the one I married had ever seemed confused by my short hair. But after she made this comment to me I had a long string of very bad haircut experiences at several salons in Oakland and San Francisco. I stopped going to the salon at all and just let my hair grow to avoid the very "butch style" haircuts everyone seemed intent on giving me. Then, at 43 years old, for the first time in my life, I was able to pull my natural hair back into a single ponytail. Longer hair is something I'm still getting used to.

So this brings us up to the week before Thanksgiving 2023. For a week straight I got out of the shower in the morning and pulled my wet hair into a ponytail high on my head. It was boring. I wanted to try something new. Watching basketball there are many men and women with interesting braided hair styles. I decided I wanted to give it a try. Why not? I used to braid both my sister's hair when we were school girls. Any hair can be braided if it's long enough. I did a quick online search for "braids near me" and found Teotl Braids, managed by Kaitlyn Sandoval, Adriana Baca and Emilio Trujillo, at 1815 Alum Rock Avenue in San Jose, CA. So this brings us up to the week before Thanksgiving 2023. *(Cont. pg. 30)*

# FEATURED ART & ART OBJECT

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



**Dreamscape #1**  
40" x 40" oil on canvas from in-progress series **DREAMSCAPES**  
2023

featuring pigments: lead white, davy grey, mars black, ultramarine, lemon yellow light, cadmium yellow medium, yellow ochre, transparent earth red

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



**STUDY FOR DREAMSCAPE #1**

10" x 10"

Oil crayon on Strathmore drawing paper  
2023

*Not yet priced.*

**DREAMSCAPE #1 with DREAMSCAPE  
JEWELRY SET #1**

Necklace and earring set based on the pallet of  
the painting.

2023

*Not yet priced.*





**DREAMSCAPE  
JEWELRY SET #1**

Black tourmalinated  
quartz, citrine,  
striped agate,  
leather, sterling  
silver, copper  
2023

Necklace &  
Earring Set

*Not yet priced.*



# YOGA BRICKS

2023

Made of teflon coated fabric and recycled materials

\$75 USD + tax per set of two

It is part of the concept of my work to have zero textile/fiber waste. I recycle nearly 100% of textiles/fibers consumed in my and my husband's personal lives, as well as all scraps from the process of making my 1UV a kind garments. These Yoga bricks are filled with a combination of recycled t-shirt material, other small material scraps and thread bits. The teflon coated fabric used for the exterior is easily wiped clean for handy use in the Yoga studio. Other items I make from scrap materials include: garments, Yoga bolsters, quilts, rugs, and pet cushions.

Purchase such ready made items at 1UV or make an appointment for a Creative Consultation to bring your textiles to be recycled/upcycled into your own custom item. Custom items start at \$100 (for bricks). A final quote and fabrication timeline will be provided to you at your Creative Consultation. See page 37 for information on scheduling Creative Consultations.



# 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 3

# HER

But the right one can be a cool drink for the soul...

**E**mily untied her apron, pulled it over her head and tossed it in the hamper. It had been a long day. Mrs. Brown's appointment always took a lot out of her. The aging woman was very high maintenance. Emily always blocked the appointment slot before and after Mrs. Brown's so she could prepare and then relax after. Mrs. Brown didn't realize, but Emily charged her half again as much for her appointment as she would other clients for the same service because of the extra time and stress. A pizza and beer were sounding good to her. Evan was a little goofy, but good natured and kind of cute. She knew he'd still be at Pete's. The game only started forty minutes ago. It would be coming on half time. Belinda and Macy weren't going to be interested. Belinda didn't eat gluten any more and Macy decided she was only going to lesbian bars and pink spots. Pete's

Was definitely a testosterone den. And that was exactly what Emily needed — a break from all the estrogen. She washed her hands, fixed her hair in the mirror, grabbed her bag and slipped out the front door without saying good night to the girls.

As Emily pushed open the door at Pete's she smiled at the warm glow of the Tiffany knock-off ceiling lamps and checkered table cloths. There was Evan at the bar with half a pint left in his glass stuffing a greasy chicken wing in his mouth and sucking the juices off his fingers. A few bar stools down was another tall skinny guy she didn't recognize talking to the side of Evan's face as he wiped his mouth with a napkin. Back in the corner a group of guys in Portugal jerseys were laughing loudly. The other four tables were mostly empty. An old white haired man with large rounded shoulders sat with his back to everyone watching people walk by out the front window while he ate his pizza.

Emily walked up to the bar and pulled out the stool directly in the middle, between Evan and Alex. Pete appeared like clockwork from the kitchen. Emily smiled.

"Well, it's about time a lady arrived." Pete said. "What'll it be Emily?" Emily went to Pete's once a month or so, usually to grab a pizza for take out on her way home from work. She lived in a small studio apartment in town a couple blocks down the street and passed by Pete's twice every day on her way to and from work.

"Mmmm. I don't know." She looked from Evan to Alex. Alex had an almost empty pitcher sitting in front of him and Evan was holding his glass looking at her like he might pass out. She thought it was sweet the way he was nervous around her. "I'll drink whatever they're drinking." She said to Pete. Alex spoke up before Evan could get anything out of his mouth.

"I'm drinking the hef, and I need a new pitcher. She's drinking on me." Alex said with authority. Pete

laughed as Evan got up and hightailed it to the men's room mumbling something about being right back.

"Whatever you say, boss." Pete said with a smirk grabbing Alex's pitcher. He sat a freshly filled pitcher and cold glass down on the counter between the two and Alex moved down to sit on the stool directly on Emily's right.

Evan came out of the restroom with the hair damp around the edges of his face. He went to the restroom to splash cold water on his face to rouse him from his beer stupor. Seeing Alex so close to Emily, now he was upset with himself for doing so. Alex had twice as much to drink as Evan had so far and now he was pouring *her* a drink out of *his* pitcher of beer. Evan didn't know what to do. He couldn't be mad at the guy. After all, Alex had no idea that Evan had a thing for the woman and after what Pete said earlier, how could he say anything to him? He couldn't. Evan's heart sank as he pulled out his stool and sat back down in time for the second half of the game to start. After a rough start Portugal was ahead by one. At least there was that.

"Your cousin is behind." Evan said to Emily who was now taking a sip of her beer. Alex was using one of his long skinny arms to grab his basket of wings and what was left of his pizza and slide it toward him and Emily at the bar. Emily giggled.

"Good. It will satisfy my mother. She gets sick of Joni going on about him...and like I said, I don't even know which one he is for sure. Supposedly I met him when he was a baby and I was in middle school, but that's according to my Mom. I don't remember. I barely remember Joni."

"You two know each other?" Alex said picking up a chicken wing and shoving it in his mouth while holding the boney end.

"Yeah." Evan said, somewhat satisfied. "This is my friend Emily." He smiled. Alex's eyes got a little dark again. Evan felt even more satisfied. "She works at the salon around the way." Emily was

blushing...or maybe it was just the warm lights and the beer. Evan couldn't tell.

"Yeah, I have a station at La Maniere des Cheveux." Emily added.

"Oh. Well, I could use a trim." Alex said touching his thick walnut brown shoulder length hair. As thin as he was his hair was thick and healthy.

Lana used to love to run her hands through Alex's hair scratching his scalp with her manicured nails. Lana's hair had been fine and blonde and she kept it cut in a shaggy little pixie style. It had suited her. Emily's hair was slightly wavy and a deep black-brown with a thin white streak in the front that looked natural, not bleached out. She had it pulled back and tucked under at the nape of her neck so Alex couldn't tell exactly how long it actually was. Emily reached out and touched Alex's hair, an intimacy reserved for lovers and professional hair dressers.

"I'd love to cut your hair for you." She said as she allowed the strands of Alex's hair to fall from between her fingers to his cheek. Evan's heart sank even lower, jealous for the touch of Emily's hand. Why had he been such an idiot? Why hadn't he let her cut *his* hair earlier? Now she was here touching Alex's hair, sitting with Alex, drinking Alex's beer while Evan was slightly drunk with greasy finger smears on the leg of his jeans. Life wasn't fair. Portugal scored a goal and the dudes at Dan's table went wild while Evan missed it because his eyes were locked on Emily with her soft skin touching Alex.

"You want a slice of pizza? It's sausage, pepperoni and onion." Alex offered to Emily. Emily smiled.

"Uh, sure. Pete, can I have a plate?" Pete was watching the whole scene with rapt attention. This was far better than the game.

"Sure." Pete said reaching under the bar for a small side plate, napkin and silverware. Emily pulled a slice from Alex's pizza and slid it on her plate then smoothed the napkin on her lap.

Evan stewed. Why on Earth did he order an anchovy pizza? No woman was going to want a slice of that stinking thing. He had two slices left. He pulled one from the other and stuffed half of it in his mouth. Maybe if he got the stinking pizza out of the way there would be room for Emily to talk to him. He pretended to be absorbed in the game he had earlier been so eager to watch. His eyes were on the screen but all he could hear was Alex and Emily talking to each other.

"Yeah, I think I have an opening on Tuesday. The last one of the day, at 5:30." Emily was telling Alex between bites.

"Yeah, I can do that. Where's the salon?" Alex was saying, the tone of his voice different from his tone when he was chatting with Evan and Pete.

"Oh, well, it's just two blocks up from here, the same side of the street. It has a big black awning with gold scissors out front over the door and window. You can't miss it."

"Yeah, I think I saw that when I was walking here." Alex said. He did see it. There was a lonely dog turd on the sidewalk there he almost stepped on.

"OK. I'll put you down." Emily grabbed at her purse and pulled out a small black notebook and pen. She wrote the date, time and Alex's first name then looked up at Alex. "What's your last name and phone number?" She asked.

Evan couldn't take it. He pulled his wallet from his pocket and pulled out a hundred and a fifty dollar bill and slapped them on the counter. "Pete, I forgot something. I gotta get going." He said chugging the last bit that was in his glass and grabbing his last slice of his pizza, stuffing as much of it in his face as

he could. Pete looked at him with surprise.

“What? Are you sure, man? What about the game? You want a box for the rest of those wings?” Pete was really surprised. Evan must have a real thing for Emily. He had no idea.

“Yeah, I’m sure. I just remembered I was supposed to pick up meds for my Mom and the pharmacy is gonna close soon.” Evan lied. He dropped his Mom’s meds off for her that morning. “You finish the wings.” He said stomping past Emily and Alex and out the door.

Emily looked as surprised as Pete. She knew Evan was interested, but this was something she hadn’t expected. It’s not like she had her tongue down Alex’s throat or anything. Besides, Alex seemed nice, but he was a little on the skinny side for her taste, and she fully planned on paying her share for the pizza and beer. Pete grabbed the nearly full basket of wings and put one in his mouth then took the money and went to the register.

“You know Evan long?” Alex asked Emily.

“A few months now. I met him here not long after the salon opened.” She explained. Before La Maniere des Cheveux she had a station at a high end salon a couple of towns over. She and Belinda had gone to cosmetology school together. When Belinda called to tell her she was opening her own place and asked her if she was interested in having a station Emily was thrilled. It was perfect timing and location. Her Chevy Lumina needed a new transmission or she needed a new car and she couldn’t really afford either. Her boss was getting divorced and selling and Belinda’s salon was walking distance from her apartment. Plus, Belinda had always been fun to work with. Emily’s regular clients found her with no problem and after the first three months she turned in the Chevy and leased a brand new Toyota RAV4. It was affordable, easy to park, the gas mileage was great and she loved the trunk space. Now that she didn’t need to drive so far for work she didn’t even really need to drive all that

much; just to the market and the park where she liked to power walk.

“Oh. How long have you been cutting hair?” Alex asked. Lana had worked as office manager in a busy Naturopathic Doctor’s office that specialized in youth autism.

“About twenty years now. I waited tables for a couple years after high school and went to community college but it wasn’t for me. Then I lived on a co-operative farm for a year and that *definitely* wasn’t for me. So I decided to give beauty school a try and here I am twenty years later.”

As far as Emily was concerned, waiting tables had been horrible. Emily hated the way her hair always smell like fried food. The accounting courses she took at community college were soul sucking and boring, and the farm ended up being a whole lot of group sex she just wasn’t into. Doing hair turned out to be her passion, which had surprised her because she had never really been into hair before. Going to beauty school just seemed like the easiest and best option at the time and she turned out to be really good at it. It paid the bills anyway, and she didn’t need to bring it home with her at the end of the day. But she didn’t tell Alex all that. They had just met. “How about you? How long have you known Evan?” She asked.

“Eh...I don’t really know him, other than from here a few times. I only just learned his name tonight.” Alex took a drink of his beer and looked closely at Emily’s face. Lana had small delicate features and skin so pale it almost seemed transparent at times. She was a healthy person but had the qualities of a bird that made you think you might crush her bones if you held her too tightly. Alex, with his tall frame always felt like Lana’s protector and he had liked that. It’s in part what made her death so difficult to accept. He felt it was his failure to protect her that killed her, rather than old Mrs. Grinstein, her out of date prescription glasses, impaired hearing and slow reflexes. Emily wasn’t anything like Lana that Alex could see other than maybe a similar height. Emily

had intense hazel eyes, wide cheek bones and full lips and hips. She was a sturdy looking woman; not fat, but not a waif like Lana had been. Emily's complexion was fair but had an olive tone that told him she probably tanned in the sun instead of burned. She didn't emit the feeling that he needed to keep the wind from blowing her away. In fact, Emily made him feel like maybe she could have his back if they were walking down a dark alley in an unfamiliar town together. This pleased Alex in his presently gaunt state.

"Oh. I see." Emily was surprised. For some reason she had just assumed Alex and Evan were long time friends.

After Evan stomped out Pete lost his interest in the events unfolding at the bar, turning his attentions instead to watching the game as well as the dudes at Dan's table and the basket of wings Evan told him he could have. The old white haired man at the window finished his pizza and got up to leave. Pete bussed the table and took the dirty plates back in the kitchen leaving crumbs and a used napkin.

Emily and Alex finished the pizza and the second pitcher of beer. The game ended. Portugal won by one. After Evan left no one had scored any more goals. The rest of the game played out as a bloody defensive match. Both teams had players leave the pitch hurt. The dudes at Dan's table settled their bill. Pete wiped down all the tables on the floor and Alex and Emily were still talking over an empty pitcher and glasses. Pete dropped his rag in a bleach-smelling bucket behind the bar and wiped his hands on his apron.

"Can I get either of you anything else? Aunt Maria made a cake today. There's a piece or two left." Pete asked the couple. Emily blushed.

"Oh, no, Pete. Thanks." She pulled at her purse again bringing out her wallet and a pen. She took a business card out of a section and wrote the date and time for Alex's appointment on the back. Then she pulled a twenty dollar bill out and wrapped it around

the business card and handed it to Alex. "See you Tuesday." She said and walked out the door before Alex could object.

*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. Look for Chapter 4 in the April issue of 1UV MONTHLY.*





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 1UV Gallery Studio, Larissa Dahroug, 2024

(cont. from pg. 20)

I called and spoke with a young woman named Grace Eboo, one of the braid stylists that has a salon station at Teotl Braids, and made an appointment for the following Monday, November 27. I explained to Grace I had never had braids before and wanted to try something new; that my grandfather was a bald black man who married a naturally platinum blonde woman and I thought it would be kind of funny if I got white synthetic hair braided into my hair for a hair sculpture. Grace told me where to purchase the extra hair to bring to my appointment and that she charged \$150 for the style I wanted. When I bought the hair there were so many choices. I knew I didn't want real human hair since ethically sourced human hair is so expensive and hard to find. So I bought a high quality synthetic, and when I saw it came in a glow-in-the-dark option I had to get it. If I was going to have over the top hair I was going to have *really* over the top hair. I was giddy with anticipation for my appointment at the salon.

Over Thanksgiving dinner I told our dinner guest about my plans for the following Monday. They were amused and supportive. Everyone wanted to see pictures of the finished hair-do. Black Friday I was all smiles at 1UV, thinking to myself about my upcoming hair adventure and the reactions it may illicit from others. It was going to be a collaborative performance Art piece between Ms. Eboo and I. I was also open Saturday, November 25. Saturdays are interesting days. The bakery that has opened next to 1UV is open on Saturdays for their special order business and there is often a line along the sidewalk with patrons utilizing the 1UV table and chairs... which they are very welcome to do so long as they observe the two rules of no electronics and to clean up after themselves. November 25th was no

different than other Saturdays. Until...

Two girls in their late teens or early twenties sat down at the 1UV table. They sat their phones on the table next to the posted rules of use. That was fine. Then it started. They began making kissy-faces and taking selfies. So, I did as I always do when someone starts using an electronic device while seated at the 1UV table and said, "You are very welcome to sit at my table, but please no using electronic devices." And I pointed at the posted sign on the table. Both girls got huffy but one of them, Sanjana Shukla, a local Saratoga resident, became enraged. She told me I was racist, she hoped my business closed immediately and called me "white trash". I looked at her calmly and simply said "Wow." And as the two girls stomped off in a spoiled brat huff I called plaintively after them, "I'm not white." All of the people still standing in line for the bakery stared on and some laughed too. But the reality was it was sad. In India skin color is tightly intertwined with caste. Seeing the effect of Indian caste system politics in Saratoga was amazing to me, particularly since by "one drop" rules this browner-complected girl was, in fact, more "white" than I in the eyes of the law.



Synthetic hair I purchased for Grace to braid into my hair.

Ms. Shukla did call the Gallery later that day to apologize to me, but even that was unnecessary. She hadn't hurt my feelings in the least. All she did was reinforce other unfortunate experiences I have had with some Indian-Americans and Indian immigrants causing me to pity them, AND make herself look like a racist...AND I was more excited that ever to get my braids on Monday.

On Monday, November 27th I arrived at Teotl Braids. Grace and I spent the next two hours alone together in the salon chatting while she braided my hair into a long glow in the dark ponytail on the top of my head. I knew from her

accent that she was from somewhere in West Africa, but in conversation she explained that she was from Cameroon and had only recently come to the United States to join her brother and a few other family members who were already here. She has been doing braids her entire life. It was something she learned in her family structure in Cameroon growing up. Ms. Eboo (age 27) grew up speaking a Benue language, English and French and did all her studies in French. She studied public law and received her Masters Degree from University of

Yaounde in Cameroon. After graduation she worked as a supervisor and legal consultant for three years for 1XBET, an online gaming service operating in numerous countries, but not the United States. Ms. Eboo described 1XBET as a Russian company. My online investigation found the company based out of Curacao and registered in Cyprus, but it may very well be owned and operated by Russian Nationals. She explained to me that after Russia began the war in Ukraine in February 2022, 1XBET as well as many other Russian companies closed down and withdrew from Cameroon flooding the

Cameroonian economy with unemployed college-educated workers. She tried to find work in her native Cameroon but was unable. So, she made the decision to come to the United States, where some of her family were already living, to work and eventually resume studies. She enjoys doing hair, describing the job as far less stressful than her work in Cameroon, but she would like to eventually pass the California Bar Exam and be able to practice law here in California. Our conversation was pleasant and when she was done my hair looked amazing. I squealed with delight at the amazing sculpture on the top of my head. Grace liked it too.



Grace adds synthetic hair to my braids at Teotl Braids in San Jose, CA.

On the evening of Sunday, December 10, 2023 I took my braids down. You can't leave them in forever and while in braids you don't wash your hair. Eventually it starts getting itchy and I couldn't take it any more. Taking down the braids was both a relief and a little sad. After getting used to the weight of the hair sculpture, sleeping with a satin bonnet and wearing a shower cap I had grown very fond of the aesthetic of my braids and felt as though I had reached a new point in my relationship with my own hair and

heritage. The curly crimped effect left on my hair after taking down the braids reminded me of a photo my grandmother had shown me once of my mother's hair in high school one time when she hadn't ironed it flat, as it was in all the other photos I have ever seen. The photo was the only time I ever got to see my mother's hair in it's totally natural state of reddish tiny ringlet curls. She showed me the photo the day my grandfather explained to me that he was black and that his last name, Mauro, meant "of the Moors", a name given as a label to people in Italy in the middle ages who  
(cont. next pg...)

were of African Heritage. It's a name that is similar to last names like Johnson, Thompson, and Jackson, common among Americans of (enslaved) African decent. Freed black slaves needed last names and were often given a last name like Jackson (son of Jack), Jack being the name of their former owner. It was a label so none of us would ever forget our history, not even those of us living with "the good" skin and/or hair.

Different hair responds differently to different kinds of braids. Curly hair has a flat medulla (the inner most core of a strand of hair). This is what makes the hair curl. The medulla of straight hair is round and continuous. Very curly hair, like hair most frequently associated with people with darker complexion of African decent, has a segmented medulla. The flattened and/or segmented medulla make hair more receptive to holding braids and some other styles as well. Straight hair (and fine hair whether it is curly or not) will take a braid, but can break more easily. My hair is thick, fine and mostly straight, though I do have some kinky ones interspersed, particularly behind my ears. Such

things happen with genetics. When I took my braids down I had some hair breakage from the stress of the braids and unusual weight of the added hair. It's a good thing my hair was thick to begin with, otherwise I may have been left with bald spots. Will I get braids again in the future? Definitely. But, because of the texture of my hair I am going to wait until the hairs that broke off short grow back in a bit. I will also prepare by regularly using a hair strengthening anti-breakage mask. And next time I won't get them as long so they aren't as heavy. My experience getting and wearing braids was enjoyable, and the intersection of International Politics was very interesting, adding a deep layer to the concept and meaning of my performance of caring for and wearing them.

Grace is available to do your braids, twists and dreadlocks. She is adept at a wide range of intricate styles for both men and women and is reasonably priced. Stop by the 1UV bulletin board to get her direct contact information from her posted business card or call Teotl braids at 669-200-9169 to make an appointment. ■



My hair immediately after Grace finished the braids. Photo by Grace Eboo.



My maternal Grandparents, Anna & Joe Mauro, dancing at my wedding in 2000.



My hair immediately after removing braids.

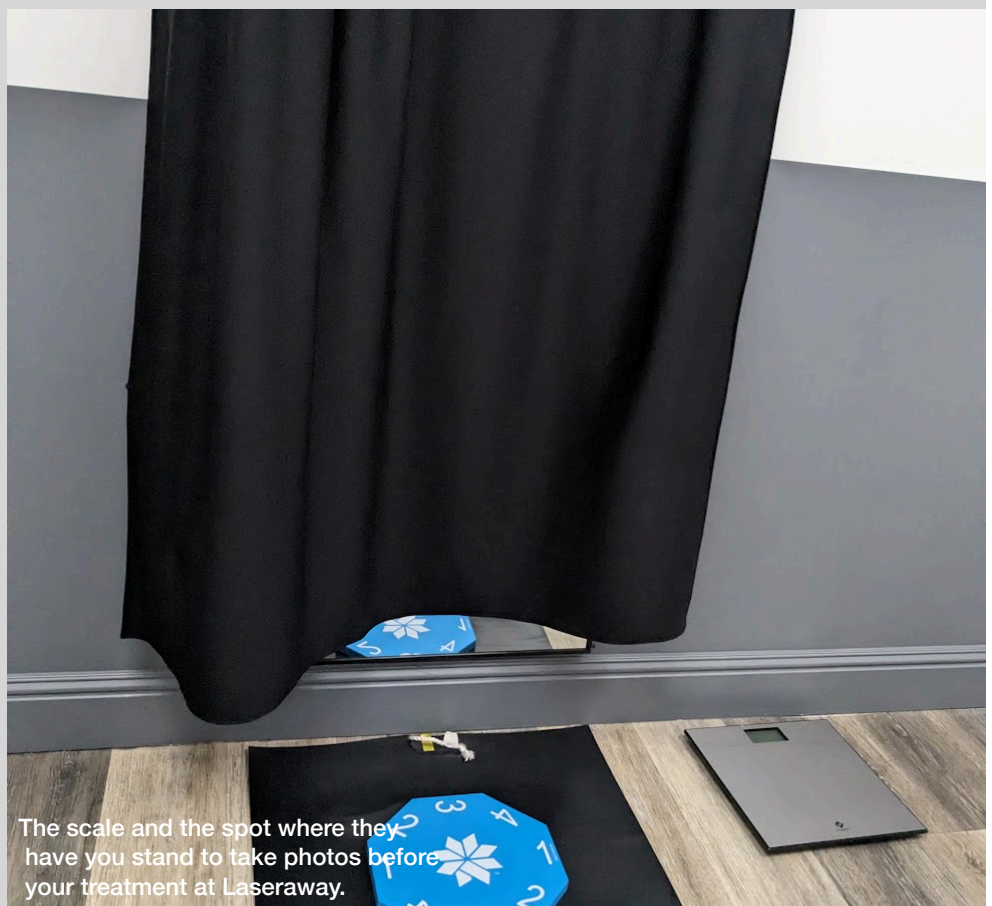


*My Laseraway Experience Continued - Working With the Body's Natural Process for Cosmetic Repairs continued from pg. 19...*

listened as I explained why I was no longer interested in receiving treatments from Laseraway. He thanked me, told me to have a nice day and said someone would "reach out" to me. Later that afternoon I did receive a call I was unable to take at the time. A message was left that I have unfortunately been unable to access. As of this moment I have no idea what the status of my payments is or if/how this is going to be resolved.

This is what I do know: I am not willing to patronize this company for anything again. The pain in my back that was relived with the first round of treatment has returned intermittently. I smell particularly unpleasant when I sweat. AND, the physical change in my appearance is next to nothing at this point. Once I figure out exactly how much all of this has cost me and I pass the six month "peak" of results indicated by Brianna I will publish images I have taken myself and an update on the situation. Check back in future issues of 1UV MONTHLY to see how the saga continues...and NO. No one has EVER looked into who attacked me to begin with. ■

Images used to decorate the treatment room at Laseraway.



The scale and the spot where they have you stand to take photos before your treatment at Laseraway.



## 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.

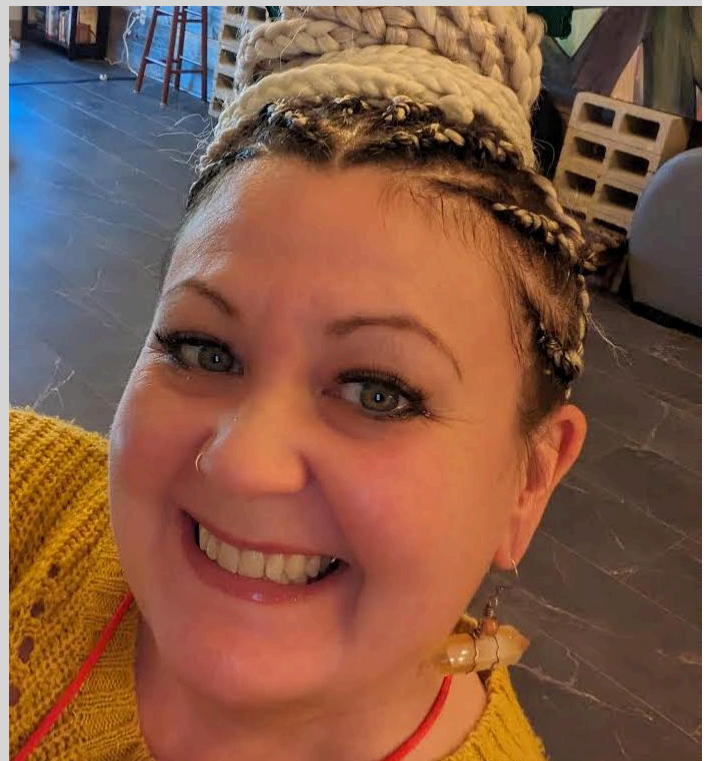
As a melting pot of individuals from varied ethnicities and Cultures of origin, it is important to find and build a common American Culture informed and enriched by the places we have come from to create the place we are together. One way this can be achieved is through support of Art and Artists and 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. 36 for information on the 1UV business model. 1UV embraces Slow Philosophy. See pg. 39 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.



**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 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 & BENEFITS:**

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

Includes: access to ALL 1UV website media, invitation to the annual P/Matrons ONLY party, listing as a M/Patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, and annual birthday card

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

Includes: access to ALL 1UV website media, invitation to the annual P/Matrons ONLY party, listing as a M/Patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, and annual birthday card, and copy of the (next) annual Fur Babes Calendar

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

Includes: access to ALL 1UV website media, invitation to the annual P/Matrons ONLY party, listing as a M/Patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, and annual birthday card, and copy of the (next) annual Fur Babes Calendar, and two Event Pass Cards

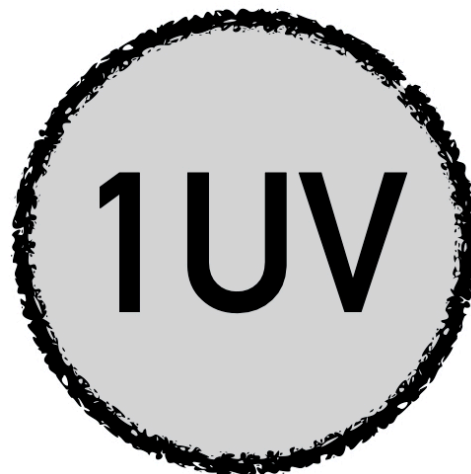
**1UV a Kind Art Lover - \$2,400**

Includes: access to ALL 1UV website media, invitation to the annual P/Matrons ONLY party, listing as a M/Patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, and annual birthday card, and copy of the (next) annual Fur Babes 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 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](http://1uvgallerystudio.com/plans-pricing) to register for and purchase your plan today.

## BECOME A 1UV AFFILIATED MEMBER GALLERY

1UV Gallery-Studio Membership Affiliation will entitle the the Member Gallery to a listing in a published Member Directory with link to your website, 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 now?

Because there's strength in numbers and independent Artists have the power to change the World.

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

- be a working Art studio *and* exhibition space for one (person) Fine Artist/Fine Craftsperson
- maintain a physical bulletin board for use of the community in which you are located
- your work must be hand fabricated/made, one of a kind or limited series, no mass production, 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 visit <https://forms.wix.com/f/7150297996570132745>

**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.**

## 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 Tuesday through Thursday appointment online at : [www.1uvgallerystudio.com/book-online](http://www.1uvgallerystudio.com/book-online).

### 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 your 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.

# MARCH & APRIL EVENTS SCHEDULED @ 1UV

## ...MARCH SOCIAL MONDAYS 3/4 & 3/18...

**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 March 30...

**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

## ...APRIL SOCIAL MONDAYS 4/1 & 4/15...

**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)

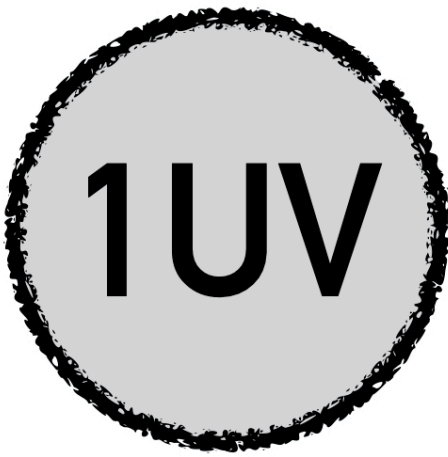
## ...Saturday April 13...

**SLOW ART DAY:** See page 6 for details.

## ...Saturday April 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

**2024 8 Session Event Passes 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. 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 (see 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:

- Anonymous 1UV a Kind Art Lover

- Your name or anonymous title here! See page 35 to learn about the benefits and information on how you can become a 1UV A Kind Patron of Slow Art and Culture.

# 1UVV

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