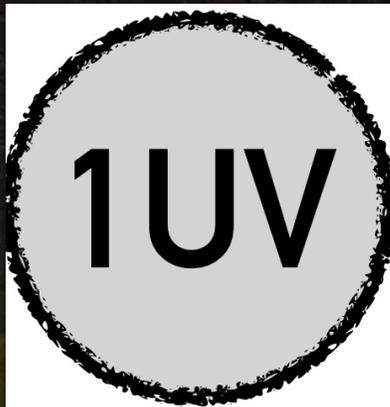


# 1UV MONTHLY - ISSUE 4

FEBRUARY 2024

Image: DreamScape #3, 40"x40", oil on canvas 2023



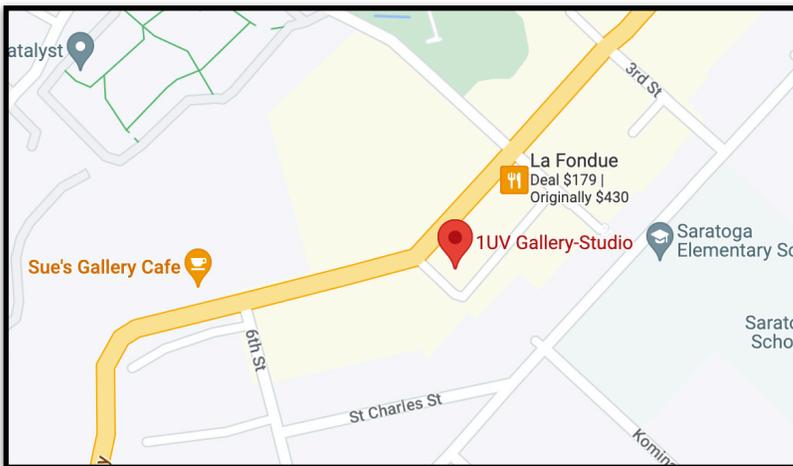
AN INDEPENDENT  
SLOW ART & CULTURE MAGAZINE  
BY 1UV GALLERY STUDIO  
IN SARATOGA, CALIFORNIA

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



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

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



1UV MONTHLY is published for the main purpose of informing community of the products, services and events offered at 1UV Gallery Studio in 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 [larissa@1uvgallerystudio.com](mailto:larissa@1uvgallerystudio.com) with your request. Request to contribute does not guarantee inclusion for publication. Guest contributions may not include advertising. For advertising pricing see page 14 for more information. 1UV MONTHLY is a free publication paid for and distributed by 1UV Gallery Studio, and supported by paid advertising.

**ISSUE 3 CORRECTIONS & REDACTIONS:**

**Please read the Letter To/From The Editor (right).**

**LETTERS TO/FROM THE EDITOR:**

Dear Valued Reader,

Since I opened my business my address has changed twice. It was first presented by the property management company, Intempus, to me as 14572 Big Basin Way Unit 2. Then I received notification via email from Intempus and City of Saratoga representatives that it is Unit F. At an impromptu face to face meeting with an Intempus representative mid-December I was told once again that it is Unit 2, and then, when property management maintenance and PG&E came to address a building issue, I was told that my space is Unit C. I apologize for any confusion on the part of the reader. As of now I am operating under the knowledge that my address is Unit F. 1UV is located between Darla Cafe and Tai Zhan Bakery on Big Basin Way.

Always,  
Larissa

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

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# 1UV MONTHLY

FEBRUARY 2024

**1YEAR OF 1UV!**

## New Endeavors & What Is Slow Art Day

This past Winter Holiday Season spurred me to do something I had never done before. I created garments for men. It started with the first men's jacket, a 1UV a kind piece called "Two State Solution" featured on page 24 of this issue. I worked on the garment while watching the United Nation's special emergency meetings on the Gaza/Israel conflict that began October 7, 2023. I had been considering trying my hand at adapting the pattern for my Black Friday Jacket for men. Clothes for men's bodies are cut different. Fabric drapes differently on them. And men's bodies move differently than women's bodies. Omar acted as fit model for the garment, though the finished design was not intended for him. The jacket is not his personal aesthetic, associated politics aside.

The process got me thinking about making other items specifically for men. All of my jackets are inspired by Kimono, a gender neutral garment, but my pattern is not a Kimono and the original garment is cut for a feminine form. "Two State Solution" is a garment for a masculine form but is not a garment for Omar. It made me want to make something that Omar would want to wear. He's a jeans, flannel and T-shirt kind of guy. I wasn't interested in making men's jeans or flannel shirts but T-shirts intrigued me.

T-shirts are a charged garment. The footprint of over production of T-shirts is an environmental disaster. They are sold relatively cheaply but cost us all so much in environmental destruction and landfill space. I wasn't really interested in sewing T-shirts. It was the graphics I was interested in. So I chose PACT brand T-shirts to work with when making my 1UV a kind graphic T's. PACT is a carbon neutral company that uses organic cotton in the production of their products. I used fabric paints, die markers, burn-out resist and iron-on vinyl lettering to adorn the black, grey and white shirts. Burn-out resist is a process that uses bleach to remove color from fabric not protected by a resist surface. In my case I used acetate templates I cut by hand. Some of the shirts featured the same motif, but each one is a 1UV a kind. I'm not interested in mass-production techniques. If I'm going to make a T-shirt, it's going to be something interesting and worth making; something someone wants to wear to express themselves as opposed to a design nightmare printed en-mass with vacancy of any intellectual import or meaning. *(cont. next page...)*



## In This Issue...

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- Slow Art Day 2024 - pg. 6
- 1UV 1 Year Anniversary - pg. 7
- Column, Saratoga Poop Scoop: 12 Months of Fur Babes - pg. 9
- Column, Limited Palette: Culinary Anthropology - pg. 10
- Column, Living Poetic: Dreamscape #3 - pg. 11
- Column, Natural Beauty: My Laseraway Experience - pg. 11, 12, & 19
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- Column, Fabrication Technique & Method: I Got It While I Was In India - pg. 16-18
- Column, The Art of Sound: Music Review - pg. 18



1UV a kind T-shirts by Larissa



1UV a kind T-shirts by Larissa



1UV a kind T-shirts by Larissa

The T-shirts (\$125 + tax ea.) in the photos above might be sold by the time you visit 1UV, but I will make new ones. It was fun. Slow philosophy dictates I make more once these have sold, not just have tons on hand.

Speaking of SLOW...Slow Art Day coming. If you're unfamiliar, it is a Global event founded by Phyl Terry. Artists, Galleries and Museums all over the Globe have been participating in April for decades now. If you aren't going to be around Saratoga this coming April 13th, do an online search for Slow Art Day and find a participating location near you.

Slow Art Day is celebrated in different ways by different people and places. Some venues offer events for free. Others charge *(cont. next page...)*

## In This Issue cont...

- Column, Something Delicious: A 1UV a Kind Recipe - pg. 20
- Featured Art & Art Object - pg. 21-24
- Featured Fiction: The Shifting Light, Chapter 2 - pg. 25-29
- Become a 1UV P/Matron - pg. 30, 31
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- 1UV A Kind Patrons - pg. 36



Fish Eye View of the CZU: Devil Fish Watched, 16' x 4', oil on board, 9/18/21

an admission fee. In some places entire communities or Cities participate. This year was my first attempt at organizing a community wide event for Saratoga. On page 6 you will find the venues participating this year. So what is Slow Art Day?

Slow Art Day is a time to set aside a minimum of two hours of time to view and have a conversation about Art. Participants spend the first hour quietly viewing a specific display of Art together. Then for the following hour they have a conversation about the work facilitated by a docent or Artist over drinks, a meal or other refreshment. Some people feel daunted by the idea of discussing Art. If this is you, I'll let you in on a little secret: There's no right or wrong when it comes to your opinion on Art. The only two things really worth considering when you look at a work of Art are: 1) do I like it or not, and 2) why?

The tickets for the Saratoga Slow Art Day events on page 6 are reasonable in price. It's similar to the cost of going to a matinee

movie, perhaps even less. AND you get so much more from the experience. If you chose the Hong's ticket, you start by viewing Art on exhibit at 1UV then enjoy lunch at Hong's for your conversation. If you chose the ManyFriends ticket you view Art on exhibit at ManyFriends and enjoy conversation over finely crafted beer. For the conversation portion of the event you will be asked to simply consider which piece of Art you viewed was your favorite, which was your least favorite and why. There's no right or wrong answer. No one will have their feelings hurt. Trust me. I'm even more eager to hear why you DON'T like my Art as why you DO like it. It's always an interesting conversation. This is how 1UV, Hong's and ManyFriends are celebrating Slow Art Day this year and we hope you will join us.

February also marks the 1 year anniversary of 1UV in business in Saratoga. On February 14, 2023 1UV opened our doors. Stop by this Valentine's Day between 5PM and 7PM for refreshments and conversation. As always, dogs and children are welcome. ■



# 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.

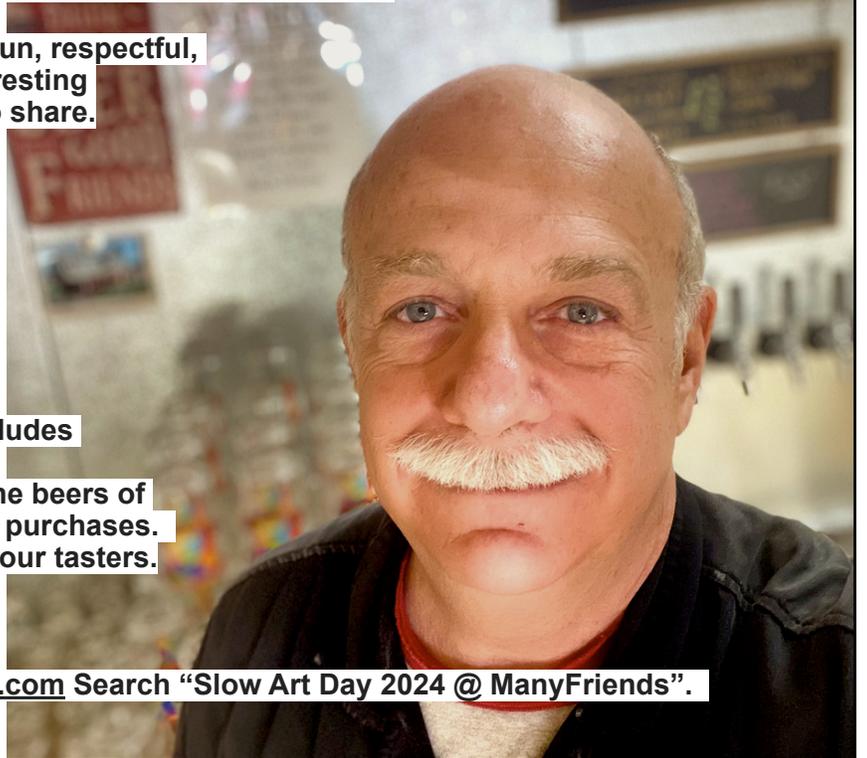
Come, enjoy each other!

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 F) 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".

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

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



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

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



## ENJOYING 1UV MONTHLY?

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

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

CHECK OUT THE 1UV BLOG:  
CRITICAL THOUGHT  
[www.1uvgallerystudio.com/blog](http://www.1uvgallerystudio.com/blog)

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

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



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

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

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



# 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.**

## SARATOGA POOP SCOOP

A column for the Dogs of Saratoga & their People

### 12 MONTHS OF FUR BABES...

Photo left: cover of the 2024 calendar

I Love dogs. I Love animals. Of all the animals on the planet I find humans to be the most repugnant. Humans are mean, devious, cruel, petty, dirty, judgmental and rude most of the time.

Sure, you can find some cruelty among the other animal species. Anyone with a house cat has seen their feline friend torment a rodent or insect before killing them. And apes are notorious for the cruelty of their social structure. As primates, perhaps that is where we have inherited the instinct to be so awful. Who knows? But dogs are different.

Dogs Love us no matter how badly we treat each other and our loyal canine companions have their ways of letting us know who among us are the least savory. Dogs with their fantastic fur (or hair for a select few breeds like Poodles), slobbery kisses, and generally joyful dispositions have a kind of medicine no pharmaceutical company could ever harness and exploit for profit. Perhaps the most amazing ability our canine friends possess, however, is the ability to forgive. They forgive us our shortcomings and are excited to see us when we get home. They forgive us when we forget to get the treats at the store. They forgive us when we are moody and stomp around the house for no good reason. In fact, those times, when we are at our worst, is when they can seem to Love us most. Yes. It seems dogs are far more Godly



creatures than humans could ever hope, attempt or aspire to be.

That is why I started the Fur Babes of Saratoga Calendar project. I have enjoyed meeting and getting to know all the dogs in town since I opened last February. Each Babe has a unique personality and I enjoy seeing them, even on days when humans have been trying my patience. The 2024 calendar was a joy to compile and create. I sincerely hope everyone who participated and then purchased the product enjoy the opportunity to celebrate the birthdays of the Babes they meet when they are walking down the street.

I will begin compiling photos for the 2025 calendar in August. Don't worry. I'll let you know when, in 1UV MONTHLY as well as online and on my store signage. So long as 1UV is here, you can look forward to an annual Fur Babes Calendar and if you become a 1UV Patron/Matron (see pg. 31) You will receive one as a thank you for your financial support whether you have a Fur Babe of your own or not. ■

## LIMITED PALLET

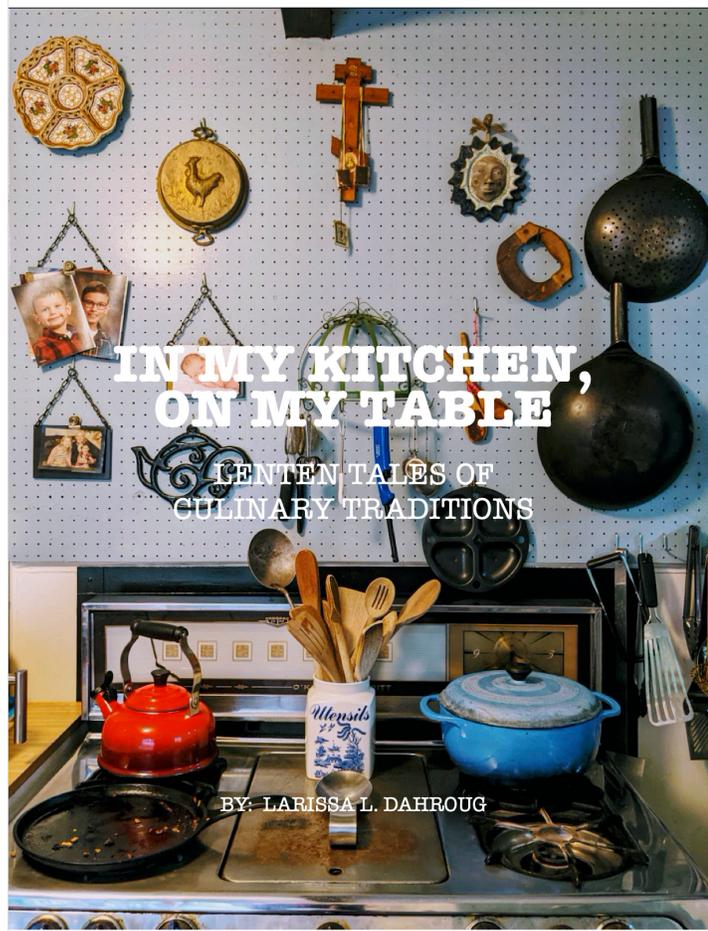
A lacto-ovo vegetarian centered column

### CULINARY ANTHROPOLOGY

**In My Kitchen On My Table... more than just a cookbook**

This year the season of Lent, the 40 days Catholics observe leading up to the celebration of Easter Sunday, begins early. Ash Wednesday actually falls on Valentine's Day this year. For more than a decade I have engaged in a personal observation practice where I give myself a creative assignment to create a series of visual Art works. A few years ago I added writing to the observation. *In My Kitchen, On My Table: Lenten Tales of Culinary Traditions* is the resulting written work from my 2021 observation. A total of 141 pages, the book is a work of culinary anthropology that includes: Table of Contents, Prologue, eight Chapters of recipes, historical references and personal stories, Afterward & Acknowledgments, Appendix of images of the accompanying series of visual Art works from the 2021 season, Index, Bibliography, Videography and short Author Biography.

In the book I take a trip back in time revisiting familial stories, holidays and the meals that accompanied them. I also explore the historical and geographical roots of the



dishes and the theological history of the season and history of traditions spanning the different ethnic and Cultural heritages that make up my own uniquely American background. I have included images of family as well as some images that illustrate culinary techniques, ingredients and end products. It was a true labor of Love, both for Jesus and for my family, in particular the children of my siblings and cousins. Many of the family members that are featured in the stories have long passed on and the complete resource of their knowledge and memories are gone with them. What remains is only that which can be remembered by myself and others who still remain. But even that will have its finite end. I filled the pages of this book with as much loving memory and knowledge as I could for the nephews, nieces and cousins I rarely if ever see or will see, as I live a far distance from them both in geography and in contact. It is because of my estrangement that I decided to offer copies of this book for sale - to enroll myself in the greater family of humanity and share some of the more delicious aspects of both the pain and joy of my experience of my family of origin.

During the Season of Lent it is traditional for Catholics to give up meat on Fridays as part of their observance. The recipes featured in the chapters are all lacto-ovo vegetarian, but slipped into the accompanying stories you will find a number of recipes that feature meat and come from the places all over the Globe where my and my husband's families have come from. I invite you to purchase a copy and come along for a Global trip through time and space and across Cultural and Religious lines. I promise it's a tasty journey.

Limited edition prints of *In My Kitchen, On My Table: Lenten Tales of Culinary Traditions*, by Larissa L. Dahroug, self published at The Kitty Pants Ranch in Santa Cruz, CA is available for purchase at 1UV for \$100.00 USD + tax. ■



## LIVING POETIC

### A column for original poetry

*The following poem is the piece that accompanies the image above in DREAMSCAPES Volume I. The image above is the media study for the work featured on the cover of this issue of 1UV MONTHLY.*

### DREAMSCAPE 3

There is usually ice in this place  
 So much more than now  
 Before I was alone in this place  
 With the birds or the odd far off stranger  
 My cup of tea the only thing to warm me  
 But the leaf is different now  
 And the cup more fine  
 An unexpected companion sits at my  
 table  
 Now that the ice has melted  
 All but one has gone  
 So much below the surface  
 What awaits us in such deep waters

## NATURAL BEAUTY

### A column on body aesthetics

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

I am a survivor...literally. I know everyone has their trials, challenges, and struggles in this life. It is part of being human. I'm talking about something else. I have had the unfortunate experience of having survived multiple seriously life threatening experiences, a number of them targeted physical attacks on my person. As a result I live with a very high level of chronic pain and permanent injury. No. None of the persons responsible for the harm upon me has ever been held accountable or otherwise been brought to justice. And no. No one has ever stood up on my behalf to demand justice be served. All things considered, I'm a pleasant and patient person.

I'm 45. In the last ten years I have been drugged and assaulted a number of times. I have no idea what all I have been given. All I know is the subsequent effect of these assaults on my body have left me with severe chronic pain, has changed my ability to exercise, do things that most people take for granted and has changed my physical appearance. The pain has aged me in an unnatural way. On a daily basis the pain alone is enough to remind me of the attacks, but as added insult I don't see myself when I look in the mirror anymore. I see what was done to me. In many ways it's like being attacked again everyday.

This past November I made the difficult decision to take corrective cosmetic action. It isn't that I resent being older or looking older. Not at all. What I have a problem with is having had my appearance altered because of the malice and violence of another upon my body. I priced cosmetic surgery out of curiosity. It was ridiculous and never really an option for me because I have adverse reaction to anesthetics. Unless it's a "life saving" operation, anesthesia isn't a thing I'm interested in risking. So I looked into the processes of Thermage and CoolSculpting to address some of the more easily addressed physical changes to my appearance caused by the attacks.

Both CoolSculpting and Thermage are "minimally invasive", requiring no incisions. Instead they work *with* the body's natural systems. In CoolSculpting subcutaneous fat deposits are frozen using external implements, killing the fat cells. Then the dead cells are eliminated through the body's lymph system. The process of Thermage uses heat



Sitting waiting for my appointment to begin in the Los Gatos, CA LaserAway office.

to trick the body into believing the skin has been damaged and in this way stimulates the body's natural system of generating collagen.

To have these treatments I went to LaserAway in Los Gatos. LaserAway is a cosmetic laser treatment center chain based out of Beverly Hills, CA. Scott Heckman is the CEO. Years ago, when preparing to create the photo essay book *Susanna's Revenge* (a work about the oppression of women's bodies and the importance of the figure model in Fine Art), I went to LaserAway in Walnut Creek for laser hair removal. While the immediate results were good (my hair was removed), my experience of the Walnut Creek location were less than positive. The office was frequently dirty. The staff was rude, and I wasn't able to see the same technician each time. That meant eight different strangers got a good long look at my vagina and anus. Not fun. And then, the hair grew back...and the ingrown hairs were **horrific**.

This time, after talking with a LaserAway booking specialist, Heather Acosta, I felt comfortable giving the

company another shot for the CoolSculpting and Thermage treatments. The price is better than other paces I researched and the facility in Los Gatos is close to home. On Sunday, November 12th I had my first CoolSculpting treatment.

The office was clean and well lit. The staff was polite and professional and the short of it was the first treatment went very smoothly. It wasn't nearly as uncomfortable as I had anticipated. I have a back covered in tattoos and the CoolSculpting experience was far less uncomfortable than that, or even my period for that matter. In fact, I was so relaxed I slept through much of the procedure. The young woman who was technician, Jaylene, was thorough in explaining the procedure and answering my questions. I was curious. Are the majority of women who came in for CoolSculpting my size, bigger, or smaller? Jaylene explained women of all sizes come in for CoolSculpting. The only thing that really excludes a person as a candidate for the procedure is if your belly hangs over in what's known as a "Mother's Apron". (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, T-shirts & maxi skirts.

**Lokah samastah sukhino bhavantu.**

**Om shanti shanti shanti.**

**Om nimah shivaya.**

**Namaste.**

**FEB. 8TH  
HAPPY  
BIRTHDAY  
TO MY  
ALL-TIME  
FAVORITE  
B-BALLER,  
GSW #11:  
KLAY  
THOMPSON**



# PICTURE YOUR ADVERTISEMENT HERE!

## Size A - full page

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

### PRICING:

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

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

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

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

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

BACK COVER - \$550/\$400 patron

### DEADLINES:

Jan. Issue - Nov. 1

Feb. Issue - Dec. 1

March Issue - Jan. 2

Apr. Issue - Feb. 1

May Issue - March 1

June Issue - Apr. 1

July Issue - May 1

Aug. Issue - June 1

Sept. Issue - July 1

Oct. Issue - Aug. 1

Nov. Issue - Sept. 1

Dec. Issue - Oct. 1

To inquire about advertising in the 1UV MONTHLY email [larissa@1uvgallerystudio.com](mailto:larissa@1uvgallerystudio.com) or stop in 1UV Gallery Studio in person to talk with Larissa. Ads for real estate listings are not accepted. Real estate services are OK. 1UV will design the ad for you. A copy of the ad will be provided to you for approval before the issue goes to print. You just provide a photo, text, and payment and let us know what size you want. Enjoy a 1UV a kind advertising experience. Payment accepted in cash, check or credit card at 1UV Gallery Studio.

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



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

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

**Let people know you are going and tell your friends. Pre-register (optional) on [Eventbrite.com](https://www.eventbrite.com). Search on Eventbrite for “1UV”.**

**1UV MONTHLY is seeking:**

- Regularly Contributing Columnists/Writers
- Professional Figure Models
- Independent acoustic musicians

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



## FABRICATION TECHNIQUE & METHOD

### I GOT IT WHEN I WAS IN INDIA - The Real Cost of Cheap Goods

The *Black Friday Jacket* in the photo below is made from an up-cycled scarf from India that is a popular style. It also features antique Victorian buttons and vintage silk ribbon and lace doilies. I purchased all

of these items second hand from various antique shops and vintage/second hand goods dealers in Santa Cruz County. In addition to the teal and gold scarf used to make this jacket I also purchase one that was identical except for color. It's purple. I've yet to make it into a jacket, but that *is* the plan.

I purchase these types of items frequently and keep a nice collection on hand to use in my 1UV a kind garments. I consider my garments to be "anti-fashion". I focus on concept and style. The garment/fashion industry is the biggest polluter and human trafficker both currently and historically on



Black Friday Jacket #9  
2022  
\$250 USD + tax

the planet. The Silk Road was named as such because of European Royal's greed and desire for exotic silks from the Far East. All trade and industry that exists today as a result of trade along the Silk Road exists because of the Fashion Industry. This includes but is not limited to: human trafficking, opium/heroin, herbs, spices, and resources like oil, iron, tin, and gem stones. Unless you buy second hand, directly from the person who makes a garment, or fabricate a garment yourself, you are participating in Fast Fashion. It doesn't matter how expensive the item may be. It's all Fast Fashion. We all participate. It's often the only choice and it is encouraged with every issue of fashion magazines and breath of the entertainment industry.

Countries like Bangladesh and India (where the scarf came from originally) are some of the hardest hit by the Fast Fashion industry. Fast Fashion forces unsafe working conditions and slave wages upon impoverished populations. And in Countries like Chile there are entire landfills filled with textiles, many of which are garments still with tags, that have never even made it to store shelves. Used, poorly fabricated clothes of low quality materials are sold by the pound to African Countries for people living in poverty to pick through. Most of these clothes end up in landfills. You know those big metal bins you find in

parking lots where you can dump your old clothes? The majority of those items end up in landfills in foreign countries.

None of this surprises me. I learned long ago of the wasteful duplicitous nature of the human being. What surprises me is when I meet people living in the US who are from Countries like India and Bangladesh who unabashedly participate in the horrible cycle. An Indian woman told me she didn't want to spend her money on one of my beautiful jackets because she could get "something kind of similar" and super cheap the next time she went to India. It was interesting. She would rather reinforce the filthy practices of slave labor in her Country of Origin than spend money in her local community. Sure, you *could* argue money goes farther in a Country like India, but you can't argue in favor of supporting the structure that perpetuates the dirt low wages and enslavement...not to me anyway.

Another man stopped in 1UV a number of times while he was in the US visiting his son. He was from India as well. This man was excited to tell me about the very very cheap materials he could get for me in India. He came back a number of times attempting to sell me bulk quantities of fabric dyes and paints that I neither wanted or needed. He was joyful as he told

me I could purchase an entire factory INCLUDING THE WORKERS in his home village for just over \$2,000 USD. I was disgusted that he would so happily try to entice me to purchase human beings...human beings that he lived along side with in community himself. Of course, I suppose he felt superior to the "Untouchables" he offered to me. After all, he was *obviously* of higher caste. His son is a medical doctor in the US and he, himself, is a traveling salesman. He seemed to think his son sending him back to India with money he made as a doctor here in the US to buy things for family in India was some kind of justice. However, wouldn't the true justice be raising wages and standard of workplace safety in India, even at the expense of rising prices for those shopping there? The money his son "sends back home" serves only to maintain the abusive caste system and Fast Fashion system. He couldn't understand why I had zero interest in doing business with him.

My remedies for these issues are multifold. On the last Saturday of the month I offer a Clothing Swap at 1UV where you can bring fashion treasures you have outgrown to trade with others. I recycle worn out yoga pants, maxi skirts and other garments made from t-shirt materials. I use many vintage/second-hand materials in my work and I

recycle **all** my textile scraps into useful items like 1UV a kind rugs, pet cushions, quilts, and yoga props.

I have a call out (see pg. 13) for such T-shirt fabric items. If you have a collection of sentimental T-shirts you no longer wear but just can't part with I offer a service of turning them into a useful keep-sake quilt. Used yoga pants become rugs, pet cushions and yoga props. No one wants to buy used yoga pants. Don't "donate them to the homeless". Would you wear used yoga pants? I highly doubt it. Yet I have yet to have anyone bring by any used textiles of any kind. I guess you'd rather dump your shameful items into anonymous boxes in parking lots telling yourselves that they are going to a good cause. They aren't. You're lying to yourself. Just wash them in hot water and bring them to me already.

And next time you're in India, you don't need all those cheap scarves. Not all of them end up in second hand shops for people like me to find and turn into 1UV a kind sustainable garments. A lot go in the trash. If you really want to help people in India, fight for safe working conditions and better wages. Keep your American money in your home economy and build a better future for your children and grandchildren. And I'm not interested in buying any of your less fortunate Country-persons. I don't relish slavery and I don't respect those who promote or turn a blind eye to it. The cost of those cheap goods is just way too high to me. ■



## THE ART OF SOUND

### ALBUM REVIEW: Ceremony by James Hood (2014)

CEREMONY by James Hood is not a new album. It came out in 2014. I came across the instrumental album in 2020 when I was looking for music featuring hang drum, also called a handpan drum. Hang is an interesting instrument. It is relatively new, developed by Felix Rohner and Sabina Schärer of Switzerland and presented to the World in 2000. The instrument is similar to the Caribbean steel drum. The differences are its convex shape struck with hands compared to steel drum's concave shape struck with implements. The resulting sound is rounder without the piercing pitch that's characteristic of steel drum. Both are hand made. Both are lovely. In 2020 I was interested in creating choreography for my sword dancing to the hang. Dance is something that is challenging for me since the attacks, but I still enjoy the music and enjoy listening to Hood's two disc album while practicing yoga or during gallery hours. His smooth rolling rhythms roll like clockwork and create a hypnotic space that is perfect for processing the complexities of Visual Art or focusing the mind during asana practice. The title, Ceremony, is appropriate for the space the music creates...a sacred-feeling space for creating something special. ■



**Who doesn't enjoy receiving a handwritten letter from a friend or family member? Writing letters is a dying Art. Keep the tradition alive with 1UV Larissa's unique handmade or limited edition print note cards and stationary. Prices vary.**

*My Laseraway Experience - Working With the Body's Natural Process for Cosmetic Repairs continued from pg. 11...*

In this case the implements used for the procedure are too small. So, you can be too fat to be eligible for the procedure. The implements are large suction cups that attach to the area of the body being treated that then also cool the area for a period of 35 minutes or more. I had my abdomen and flanks treated, including the area where the most recent significant injury in my back happened; the one that landed me in the Dominican Hospital ER where they refused me treatment, abused me and charged me for services they never rendered. The spot in my back has had a large lump that I have had treated with massage therapy ever since for pain management. In addition to massage I had also received Cupping Therapy, a technique that involves the use of concentrated suction at specific points for short periods of time. In this technique the cups used are small, the time they are left on the treated area rarely exceeds five minutes and almost always leaves a round "hickey" like bruise. In the past Cupping Therapy had always been helpful, but had not totally relieved the issue in my back. The large suction cups of the CoolSculpting machine were similar to the small cups but were left on a lot longer. Once the cup was removed from my back, and Jaylene massaged the area, I asked her if she could feel the lump. She said no. The lump is gone and as of now has yet to resurface. In addition a large portion of the pain I have been dealing with in my back for the past two years has been cut in half. The night after the first treatment I slept like a rock, something that hasn't happened in years, and I have been sleeping through the night most nights since due to the reduction in pain. If nothing else comes from the treatment,



The CoolSculpting machine and treatment bed in the treatment room.



The Thermage machine in the treatment room.



The disposable 1 time use treatment tip for the Thermage machine.

this alone makes it worth every penny spent.

On Sunday, November 26th I had my first Thermage treatment. Thermage technology uses intense radio frequency to generate heat that tricks the body into believing the treated area has been damaged thus forcing the body to manufacture more collagen. The collagen production helps to tighten sagging skin. A couple years ago I was stuck with a needle by a transgender man in a public place. I have no idea what all was in the needle. I suspect it was a heavy course of male hormone. In the weeks directly following the assault I lost hair on my head and grew hair in places I, as a woman, was not pleased to have hair. In addition the skin on my neck fell slack noticeably and feminine parts of my body changed shape. The hair on my head mostly grew back and the other hair mostly stopped growing. But my shape changed and the skin on my neck did not return to its original form. When I look at myself in the mirror I see the affect of the attack and it's like having it happen all over. This is why I am going through these treatments.

The Thermage treatment was slightly uncomfortable but totally tolerable. I had little to no inflammation afterward and could even see a slight tightening of the treated area immediately. Jaylene assures me I will see the initial tightening then notice more lift at three months and six months as the body continues to attempt to heal the area it has been tricked into thinking was damaged. The Thermage treatment on my neck and lower face took about an hour and was more tolerable than any of the tattoo work I've had or even a deep tissue massage. Check back in the March Issue for comparison photos and updates after my next treatment. ■

## SOMETHING DELICIOUS

### A 1UV a Kind Original Recipe: Zucchini-Banana-Spice Bread

Zucchini bread and banana bread are old fashioned and delicious. As the saying goes, if it ain't broke, don't fix it. But the saying says nothing about not improving it! The nice thing about banana breads and zucchini breads is they slip a little extra fruit/veggie and fiber into your nutritional intake. It can be tough to get enough of those things into the diet of those you may caretake for...no matter what their age. And who doesn't like a home-baked gift? Unless you've given up sweets for the season of Lent, try this recipe out combining the best of both banana and zucchini worlds...

#### INGREDIENTS:

- 1 small zucchini, grated
- 2 ripe bananas mashed
- 1 cup sour cream
- 3 eggs
- 1 1/2 cups brown sugar
- 1/2 cup brown sugar set aside
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 2T Frangelico
- 1 tsp ground ginger
- 1/2 tsp cinnamon
- 1/4 tsp cardamom
- 1/2 cup milk
- 1 stick butter cut into pats
- enough flour
- 3 aluminum loaf pans
- PAM cooking spray

#### DIRECTIONS:

- Preheat your oven to 425 degrees.
- Spray your loaf pans with the cooking spray and set them aside.
- In a mixing bowl combine 1 1/2 cups

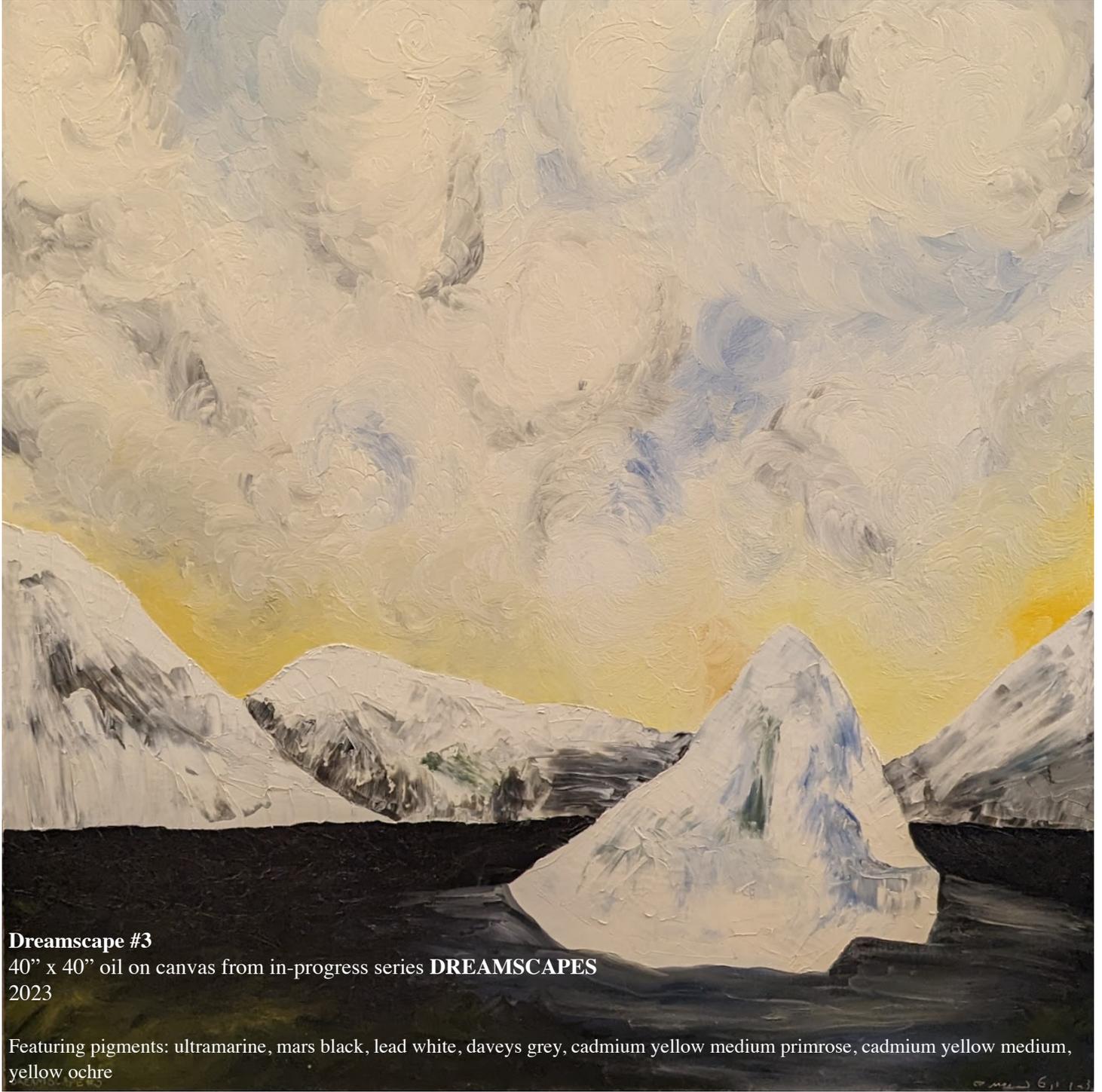
brown sugar and the butter.

- Once the butter and sugar are creamed together add the banana, sour cream, milk, and eggs.
- Once that is combined add the zucchini, salt, baking powder, baking soda, and spices.
- Then begin to add flour one cup at a time until you have a nice thick batter that is smooth. It will be somewhere between 1 2/4 and 3 cups of flour depending not the size of your zucchini, bananas and eggs.
- Mix in the Frangelico.
- Scoop the batter equally into the baking pans and sprinkle the remaining brown sugar on top.
- Bake at 425 until the knife test is clean. (Check at 45 minutes then add time if needed.) Bake time will vary depending on the ripeness of the bananas and the size of the zucchini.
- Cool before slicing. ■



# FEATURED ART & ART OBJECT

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



**Dreamscape #3**  
40" x 40" oil on canvas from in-progress series **DREAMSCAPES**  
2023

Featuring pigments: ultramarine, mars black, lead white, daveys grey, cadmium yellow medium primrose, cadmium yellow medium, yellow ochre

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



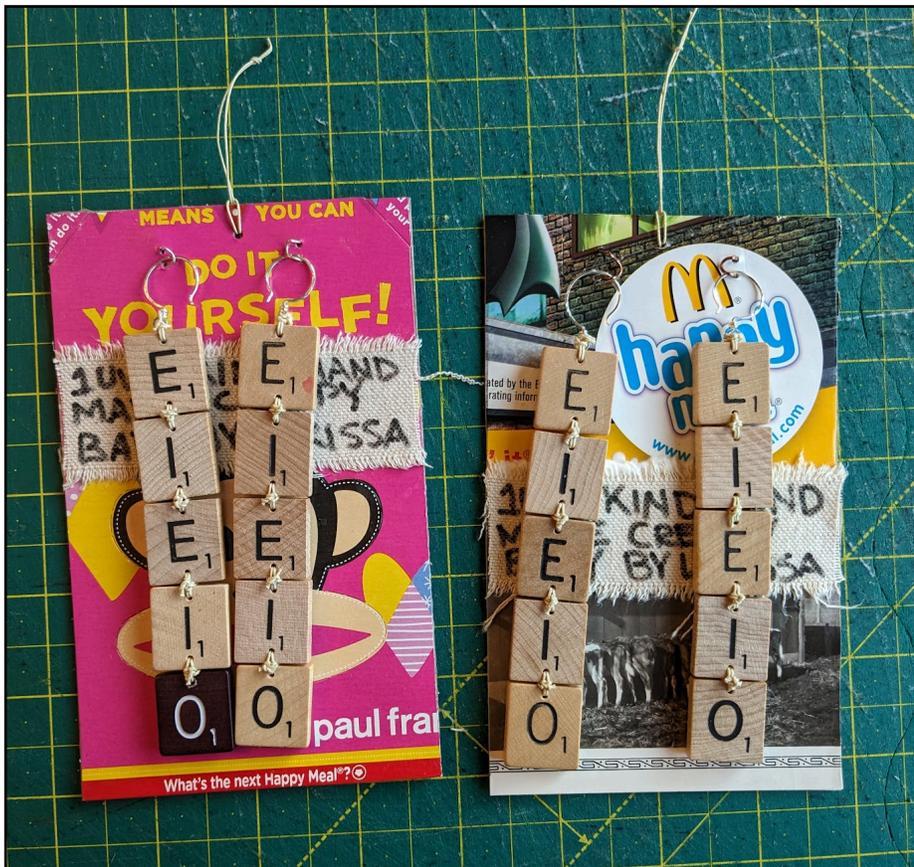
### Creepy Baby Jewelry

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

Sterling silver, vintage Scrabble pieces, waxed linen, vintage McDonald’s Happy Meal boxes, vintage Milton Bradley BINGO cards, pages of The Farmers Almanac, antique photos of the Walker family of Santa Cruz, vintage Milton Bradley BINGO cards

Prices vary between \$50 and \$125





### Creepy Baby Jewelry

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Prices vary between \$50 and \$125



## Two State Solution

Lined 1UV a kind painted kimono style jacket with pockets  
11/2023

Top - front  
Bottom - back

Men's size medium

Cotton painters canvas, unbleached cotton lining, up-cycled leather, waxed linen, pigment sticks, ink/dye

Spot clean only  
There's nothing dirty about peaceful solutions

\$1,967 USD + tax

This is a painting you can wear.



# 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 2

# HEFEWEIZEN

Must be a woman's eating you or maybe you're starving...

**E**van tied the laces of his sneakers and stood up looking at his watch. He was wearing his red and green Portugal jersey. The game started at four-thirty California time. Pete's would have it on for sure. Spain was losing today, for sure. If Dan was there wearing his red and yellow insult of a jersey Evan was gonna make him take it off and tear it in half when Portugal won. In all honesty he hoped Dan just wasn't there. Maybe he'd be out of town on business or something. Evan couldn't stand him and neither could most anyone else at Pete's but he had never done anything that warranted Pete kicking him out so everyone tolerated him. Besides, he usually bought a round for everyone at least once. Evan assumed Dan knew he wasn't really liked and did it as some kind of bribe to be tolerated.

Evan looked at himself in the mirror in the hall. Emily would tell him he needed a hair cut. He probably should get one but who cared other than Emily and maybe his mother. He felt his pockets for his wallet and phone then grabbed his keys and ball cap from the hook next to the door and left. The sun outside was bright and the air was crisp. The leaves on the maple tree at the end of his street were starting to change. Everything else was green or blooming. He didn't understand his East Coast transplant buddies pining for East Coast Autumn. The changing leaves just reminded Evan that the tree would soon be bare against the sky casting creepy shadows. Plus raking leaves was the worst. He enjoyed the splashes of colorful Autumn blooming plants and the return of green to the surrounding foothills. If he got the craving for snow Tahoe wasn't that far and he could drive away from it when he had enough. All the nostalgia around the change of the seasons and shift of the light his East Coast transplant buddies went on about once a year was ridiculous to him.

Evan's little bungalow was just a couple blocks behind Pete's. He would pass the salon on his way and could stop in to say hi to Emily. Maybe one of these days he'd get up the nerve to actually ask her out. It was silly and he didn't know why the tiny woman intimidated him so much. Normally he had no problem asking a woman out. Who knew? Maybe she'd get off work and come down to Pete's on her own if he casually mentioned he was headed there. That's where they met six months ago. She was there with a couple other gals from the salon after work and Desire, the newest server, took Evan's pizza to Emily's table by mistake. The table ate three slices before they realized it was the wrong order. Evan and his buddy Cory ended up sitting with them, sharing the pizza then ordered another pizza and a couple baskets of wings. The other two women were kind of snobby but Emily was sweet and sophisticated and funny. Evan liked her right away. They hadn't exchanged phone numbers or anything but she told him where they all worked and Evan stopped in from time to time to say hi. He knew she was going to try to get him to let her cut his unruly

hair, but salon prices were nuts and he liked his barber. Charles was a man's man and his barber shop was a man's place with reasonable prices and no fruity smelling shampoo.

The bell on the door jingled as Evan walked into the salon. Emily was in a black apron standing behind the counter looking for something on a computer screen. Her hair was pulled back from her face and single pearl earrings dangled from her ears. Like all the women who worked at the salon she wore all black. She looked up as the door jingled and smiled.

"Hi Evan! Are you finally going to let me cut that mop of yours or what?" She teased. Evan touched his ball cap and blushed slightly.

"No. My mop is just fine. I was just passing by and thought I'd say hi." He explained quickly.

"Oh, well, if you ever change your mind I know exactly what would look good on you. I actually have an opening right now if you want." She offered and smiled another wide grin. Evan caught the glint of a gold tooth on the upper right side of her mouth he hadn't noticed before.

"I'm on my way down to Pete's. The Portugal game starts soon and I want to get my order in before the game starts. But thanks for the offer. I just wanted to say hi and see how you were doing." Evan said looking down at his watch. It was perfect. He was able to slip in the bit about Pete's naturally so it didn't sound like a request for a date.

"Spain's gonna wipe the pitch with them." Emily surprised Evan. He didn't know she followed soccer.

"Bite your tongue." He retorted with a laugh. Emily laughed too.

"I have a second cousin once removed that plays for Spain. I don't really care who wins. My mom just mentioned the game tonight when I talked to her the other day. I don't really give a shit who wins." She

explained.

“Oh. OK then. We can still be friends. Who’s your cousin?” He asked genuinely interested. Maybe she would have an in to get tickets some time.

“I don’t even know his name. My mom always refers to him as Joni’s son the one who plays soccer for Spain.” Emily smiled coyly. Evan’s face fell a bit. Tickets were probably out of the question.

“Well, I gotta get going. See ya later.” Evan said turning back toward the door.

“OK. See ya, Evan. Thanks for stopping in.” Emily said looking back down at her computer screen. The door jingled as Evan walked back out onto the street. Why couldn’t he have just asked her? What was the big deal? Why did talking to her make him feel like a fifteen year old again?

Down at Pete’s most of the gang was there. Evan looked over at the corner where Dan usually sat. The table was empty. Pete was behind the register making change for a college aged kid.

“He’s not here and isn’t gonna be here. His dad died yesterday. He was here when his brother called.” Pete said to Evan as if reading his mind. Evan was relieved.

“Oh. That’s too bad...about his Dad I mean.” Evan said taking his seat at the counter as usual. Pete closed the register drawer and walked over to where Evan was sitting.

“Yeah. I knew what you meant. No one is upset he isn’t here. I gave him his food on the house last night though. He was pretty torn up looking when he got off the phone.” Pete said pressing his palm to the counter in front of Evan.

“Damn. I guess so.” Evan replied looking over Pete’s shoulder at the chalk board behind him with

all the beer listed. “Gimme a mug of the hef.” He instructed Pete.

“No problem. You eating tonight?”

“You bettcha. Gimme a medium anchovy, garlic and olive pizza and a small basket of wings.” No one else liked anchovies and Evan was hungry and didn’t feel like sharing.

“You got it. Portugal-Spain is gonna be on the big screen over the bar. Should be on the right channel already.” Pete pushed a cold pint in front of Evan then disappeared into the kitchen.

A group of guys around Evan’s age walked in wearing Portugal jerseys. He didn’t recognize them and was glad they were cheering the same team. Most folks at Pete’s knew each other or at least recognized each other. It was unusual for a group of newbies to walk in and it often lead to trouble of some sort. Last time a group came in it was trivia night and the prize was a cool \$3K. The out-of-towner group won the money and proceeded to gloat to the regulars over it. Jim-Jim, a big dude with a lower than average IQ who worked as a janitor at the YMCA took personal offense and there had been a fight in the parking lot. One of the out-of-towners lost a couple teeth and Jim-Jim was taken away in cuffs. Jim-Jim was usually quiet and peaceful. The out-of-towners didn’t know Jim-Jim was slower than most and had egged him on pretty hard. No one had been happy about any of it, especially Jim-Jim’s Mom, with whom he lived down the street.

One guy in tonight’s group looked over at Evan and smiled. “Spain’s going down tonight!” He said and followed his buddies over to the table where Dan usually sat.

“Damn straight.” Evan replied taking a swig of his beer. Pete re-emerged from the kitchen. “Pitcher of whatever they’re drinking on me.” Evan said gesturing to the new table.

“Thanks, dude.” The guy called over to Evan from Dan’s table. Evan just smiled and turned toward the TV. Pete lumbered over to the table to take their order.

A tall lanky guy with shoulder length hair also close in age to Evan and the dudes at Dan’s table pushed the door open. His Adam’s apple was protruding from his long neck and his left hand was stuffed in his pocket. His shirt was sticking to him with sweat in a couple places. Evan recognized him as a semi regular but didn’t know him. The guy took a seat at the other end of the bar. Pete finished up taking the tables order and stopped behind the bar to address Alex.

“You look like you could use a cold one.” Pete said stuffing the order pad into his apron pocket. “I gotta get an order in, but I can get a drink for you if you know what you want.” Alex stared at him blankly.

“A glass of water would be great to start.” He said.

“No problem.” Pete had a tray of waters behind the bar ready to go. He pulled one from the others, removed the plastic wrap over the top and sat it in front of Alex. Alex took it and started to gulp it down as Pete disappeared back into the kitchen once again. Evan looked down the bar at Alex who was wiping his mouth with the back of his hand now.

“You have a far walk here? Portugal or Spain?” Evan asked. Alex looked at Evan as blankly as he had looked at Pete. He was happy to watch soccer games when they were on the TV but he didn’t follow the sport. He felt self conscious now.

“Not far. Just about a mile and a half. Felt like a beer and some pizza. I’ll root for whoever you’re rooting for.” Alex said finishing his glass of water. Pete re-emerged from the kitchen and proceeded to fill a pitcher with a lager and grab some glasses for the dudes at Dan’s table.

“Be right back.” Pete said to Alex. Evan was still looking at Alex.

“Portugal’s gonna win tonight.” He said matter of factly.

“Whatever you say, man. I’m Alex.” He told Evan.

“Evan. What you drink?” Evan inquired.

“A pitcher of whatever you’re drinking. I aim to get drunk tonight.” Alex said bluntly. Evan laughed.

“I’m having the hef. It’s good. Must be a woman that’s eating you.” Evan said taking the last gulp from his pint. Alex’s eyes went dark at Evan’s words and Evan regretted his comment but didn’t know why.

“Hefeweizen is good.” Alex replied to the now nervous Evan as Pete rounded the back of the bar.

“Did I hear you want a hef like that dick down there?” Pete asked Alex nodding toward Evan and smiling. Alex relaxed and the darkness left his eyes. They didn’t know each other really well, but Pete and Alex were on a first name basis.

“Yeah. But I want my own pitcher. I walked tonight.” Pete slapped the bar and turned to get the order. Alex pushed up away from the bar to go to the restroom. “I’ll be right back.” He said to no one in particular. Pete turned back and sat the pitcher and glass in front of Alex’s empty stool. He turned to Evan and whispered through his teeth so only the two of them heard what he was saying.

“Lay off with the women comments with Alex. His wife’s dead years now and he still doesn’t date.” Pete explained to Evan. Alex had told him one night after Pete had asked a couple probable working girls to leave after getting pushy with Alex at the bar. Evan nodded in sheepish understanding. “You ready for another?” Pete asked Evan as Alex returned from the men’s room.

“Yeah. Make mine a pitcher too. I also walked.” Evan proclaimed.

“You always walk.” Peet laughed. Alex poured himself his first beer of the evening and spoke to the back of Pete’s head while he filled Evan’s pitcher.

“I want a large sausage, pepperoni and onion pizza and a basket of wings.” He declared flatly. Pete turned to Evan with the pitcher and spoke to Alex over his shoulder.

“Whatever you want, Slim.” Pete told Alex as he walked back into the kitchen once again to put in the order. Pete owned the place but his little old Aunt Maria made the pizzas and wings in the back. One of her legs was a full six inches shorter than the other and she had a special shoe that Pete had made for her so she could stand comfortably. She sometimes came out of the kitchen after it closed and drank beer with whoever was left still drinking.

The game was starting. Evan and Alex drank their beers quietly. Spain made the first goal almost immediately. The dudes at Dan’s table made sounds of discontentment. Evan chugged his second beer. Alex couldn’t have cared less. He just kept drinking his beer.

“So, it’s gonna be one of those nights.” Pete said coming through the kitchen door with Evan’s stinking pizza and basket of wings. He sat them on the bar and reached below for silverware, napkins, hot sauce, crushed pepper flakes and parmesan.

“Yeah. I hope not.” Evan said as a ref threw a yellow card against Portugal. The dudes at Dan’s table grumbled loudly. Alex finished his first beer and was pouring his second.

“This hef is good.” He said to Evan. Pete went back in the kitchen. Maria was calling something out to him in Italian.

*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 poem that accompanies the painting featured in the title image: Dreamscape #6. Look for Chapter 3 in the March issue of 1UV MONTHLY.*



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## 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 page 32 for information on the 1UV business model. 1UV embraces Slow Philosophy. See page 35 for information on the Slow Philosophy. There are a lot of reasons to become a 1UV a kind Patron/Matron. I offer you this 1UV a kind invitation to support my efforts and build Culture in your community.



**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 invitation to the annual patrons only Equinox Party at The Kitty Pants Ranch in September, monthly listing as a patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, and annual birthday card

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

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

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

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

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

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

All fees are annual and renew every 12 months unless you submit a cancelation request in writing. 1UV is a sole proprietorship so your membership is not tax deductible. Your reward is being part of something historic, building community.

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

NAME AS IT APPEARS ON YOUR CREDIT CARD:

CREDIT CARD TYPE & NUMBER:

CREDIT CARD EXP. DATE:

THREE DIGIT SECURITY CODE:

ADDRESS ASSOCIATED WITH CARD:

EMAIL (for order confirmation message):

PHONE NUMBER:

YOUR BIRTHDAY (month & day):

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

LEVEL OF PATRONAGE:

## 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 snail-mail: a typed letter of intent explaining why/how you are qualified to be a 1UV Member Gallery, three images of your work, three professional references, CV, proposed location of your Gallery-Studio, and contact information (including mailing address, email address, phone number, website) to: 1UV Gallery-Studio, attn: Larissa, 14572 Big Basin Way Unit F, Saratoga, CA 95070.

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

## 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 or Thursday appointment in person at 1UV, by calling 408-647-2518 or emailing Larissa@1uvgallerystudio.com.

### CREATIVE CONSULTATION -

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

### CREATIVE CONSULTATIONS

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

### CREATIVE CONSULTATIONS cost

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

### SPIRITUAL CONSULTATION -

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

### SPIRITUAL CONSULTATIONS

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

### SPIRITUAL CONSULTATIONS are

\$300.

### PRIVATE REIKI SESSION -

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

### PRIVATE REIKI SESSIONS

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

### REIKI SESSIONS are

\$150. Minors may be treated if a parent is present. Pets may be treated as well. Pet Sessions are fifteen minutes to half an hour and cost \$75.

### PRIVATE SHOPPING EXPERIENCE

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

### PRIVATE SHOPPING

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

### PRIVATE SHOPPING

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

### PRIVATE CREATIVE CRITIQUE -

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

### PRIVATE CREATIVE CRITIQUES are

one hour. Actual work must be present.

### PRIVATE CREATIVE CRITIQUES

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

# **FEBRUARY & MARCH EVENTS SCHEDULED @ 1UV**

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

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

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

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

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

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

## **...Saturday February 24...**

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

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

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

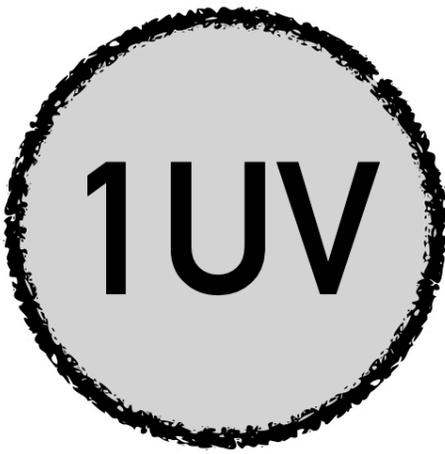
**1PM - 2:30PM Reiki Drop-in:** doors close at 1:15, socialized dogs welcome, ages 16 to 18 welcome to attend with participating parent, limit 5 participants, \$20 at the door (or 1 Event Pass Card session)

**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

**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 30 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)