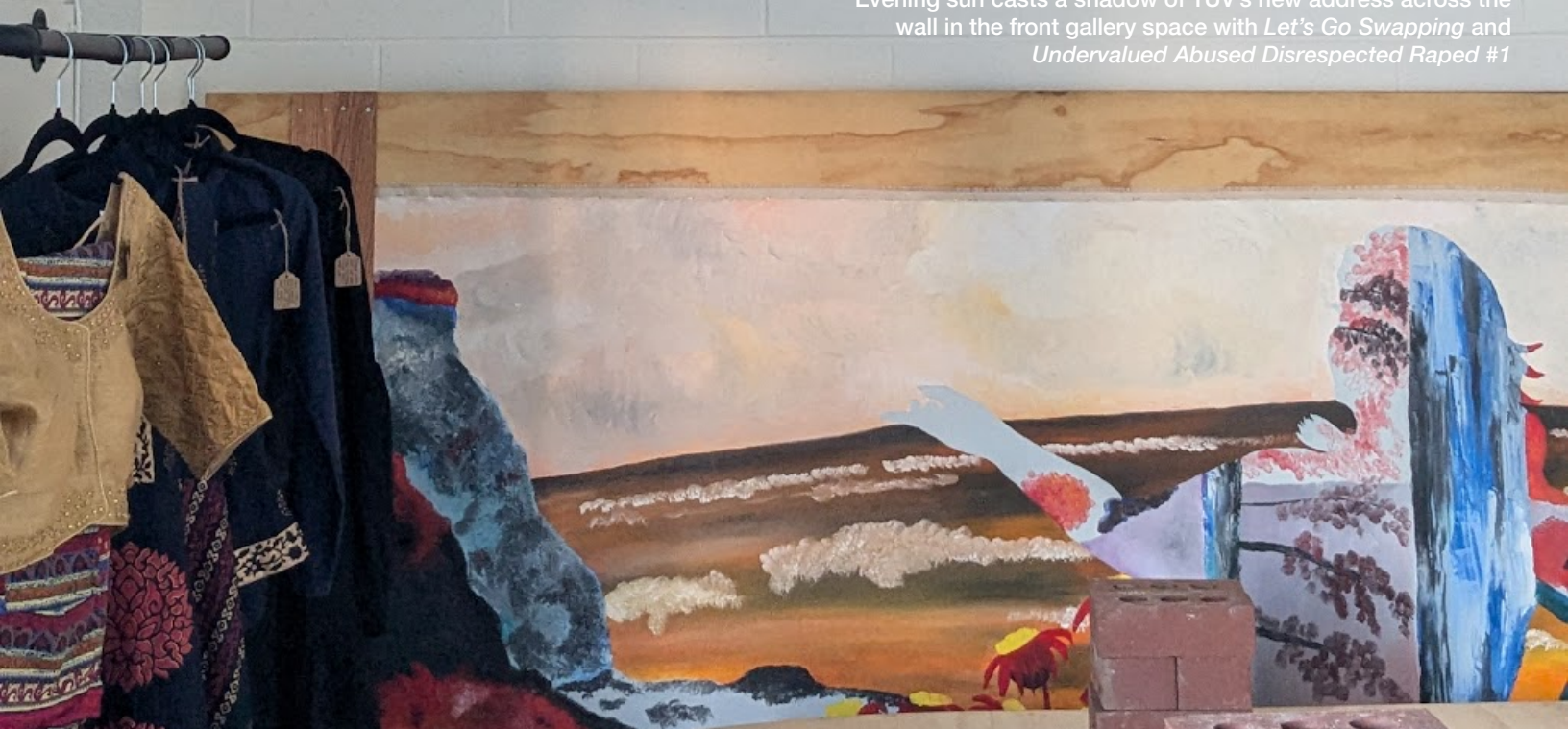


1UV MONTHLY - ISSUE 15

JANUARY 2025

About the image:
Front Gallery Shot
2024
Unedited digital image

Evening sun casts a shadow of 1UV's new address across the wall in the front gallery space with *Let's Go Swapping* and *Undervalued Abused Disrespected Raped #1*



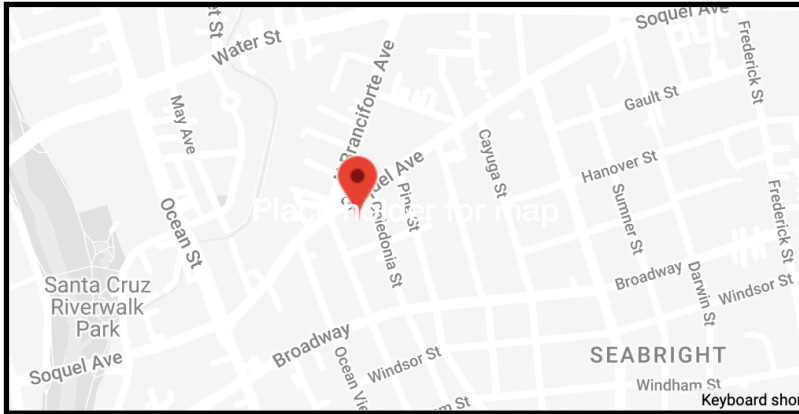
**AN INDEPENDENT SLOW ART
& CULTURE MAGAZINE
BY 1UV GALLERY STUDIO
OF SANTA CRUZ, CA**

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 716 Soquel Avenue, Santa Cruz, CA 95062, where, in addition to writing and publishing 1UV MONTHLY, she designs, fabricates and exhibits her Art, offers creative services, & hosts creative social events.

1UV Gallery Studio is open to the public Thurs. & Fri. 1PM-8PM, Sat. 11AM - 6PM, or by private appointment, as well as for scheduled special events (admission fee may apply).



1UV MONTHLY is published for the main purpose of informing community of the products, services and events offered at 1UV Gallery Studio in Santa Cruz, California. Paid advertising and recurring columns relevant to readership are also included. No business or individual can purchase feature or mention in a column. Column subject matter is the prerogative of Larissa. If you are interested in contributing a guest article, poem, piece of short fiction, comic strip, or political cartoon, see page 40 for details. Request to contribute does not guarantee inclusion for publication. Guest contributions may not include advertising. For advertising pricing see pg. 40 for more information. 1UV MONTHLY is a free periodical paid for and distributed by 1UV Gallery Studio, and supported by paid advertising.

CORRECTIONS & REDACTIONS:

See "Letter to/from the Editor right.

LETTERS TO/FROM THE EDITOR:

Dear Valued Reader,

For reasons outlined in this issue, 1UV Gallery Studio rejects affiliation with the names of "Midtown", "Seabright" and/or "Eastside". Our mailing address is Santa Cruz and it is the only location name 1UV will identify with. What other businesses choose to do is their prerogative. 1UV has no issue with how any business owner chooses to identify. 1UV does not participate in gang turfing tactics or other discriminatory exclusion based on arbitrary identifiers such as color, class, gender, ability, religion, ethnicity, style or voluntary clubs. All those able to be respectful of themselves and others and also maintain civil discourse are welcome at 1UV.

I dedicate this issue to all California small business owners. No matter what our background we face a lot of the same issues, concerns, and challenges.

Always,
Larissa

Have a comment, question, or complaint?

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

Depending on the nature of your letter I may or may not publish a response. Only submissions that can be verified with contact information will be printed.

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1UV MONTHLY

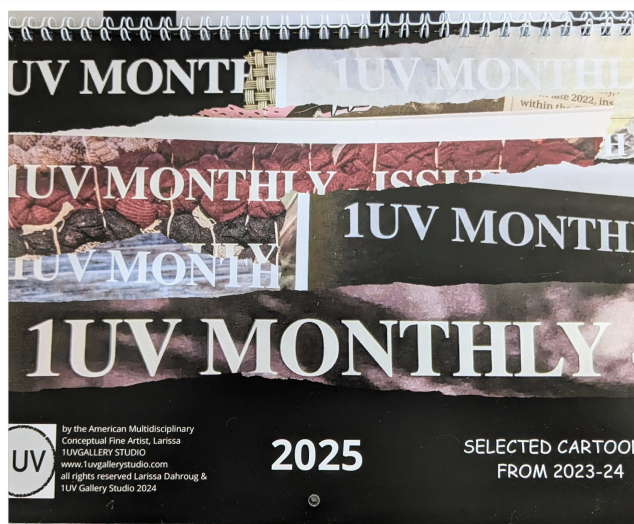
OF NOTE JANUARY 2025

MIND YOUR BUSINESS ISSUE

Small business in California has some big issues

They say the only thing worse than having a child is having your own business. In California that is even more accurate than in other States. Taxes and regulations are set up to protect those who already have large sums of money in their reserves and laws reward large organizations over small ones. It's next to impossible to break into "the club" so to speak. Small entities with good ideas but no "friends" are regularly preyed upon by government and industry alike. Add layers of dealing with local gang and homeless politics to having a brick and mortar storefront and the experience is made nearly unbearable. For this issue I reached out to a number of officials and businesses for interviews and/or comment and have been given the run around and/or outright ignored.

Sonja Brunner is the City Council representative for the district where 1UV Gallery Studio is located. Her contact information is sbrunner@santacruzca.gov, 831-420-5027 (office), 831-291-5281 (cell). Brunner couldn't find time to meet with me for an interview for this issue. I offered her numerous options. I offered her the opportunity to submit a prepared statement for the community about her job and the way she is hoping to serve business and residents in 2025. She sent me ads for fundraisers for special interests. I told her if she wanted to purchase advertising that she was welcome to do so. I even had special advertising rates offered for "Midtown" at the time. She didn't purchase any. She finally visited briefly during public hours on 11/9/24 and told me she just "kept missing me". My hours are posted publicly and I have even been open late a number of times. I also reached out to Governor Gavin Newsom for interview and comment on the topics presented in this issue. His contact information is (916)445-2841. To schedule a meeting you are instructed to submit an online request at <https://govapps.gov.ca/scheduling/>. I did this after speaking with an aid at his office and only heard back well after deadline with a lame "he doesn't have time, we'll call you". Again, I wasn't offering TV time for him to push agenda and I'm not a celebrity with \$\$ or high power friends. I also reached out to the Santa Cruz (*cont. next page...*)



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1UV Gallery Studio's new store front at 716 Soquel Ave. in Midtown Santa Cruz.

County Board of Supervisors. I reached out to the Board as a whole as well as the Supervisor that represents the district in which I live, District 1, Manu Koenig. When I called the office at (831)454-2200 staff was unprofessional and unable to answer any questions I had. I emailed my request to the office and received no reply. It wasn't until I sent a media package including a handwritten letter via priority mail requiring signature that I was contacted by Kristina Glavis, County Supervisor Analyst, to schedule an appointment. After going back and forth we settled on an appointment for Monday, November 4th at the Supervisor's office at 2:30PM. Then she sent me an appointment request for 10:30 AM for my calendar. I had told her that time did not work for me, but since I was interested in the interview I rearranged my schedule to accommodate her request. I even confirmed with them in the days before the appointment. They responded with confirmation. When I arrived for the scheduled appointment I was told by the Board's receptionist, Jessica Rodriguez, that she was sorry for the "confusion" but the meeting was scheduled for 2:30PM. I do not believe this was a "confusion" as claimed by staff. This is an example of political subterfuge, lies and disrespect of the voting public...voting public that owns property and pays the taxes that pay the salaries of persons such as Kristina Glavis. This position with the County of Santa Cruz is paid between \$94,224.00 and \$126,298.00 a year. According to an opening for such a position listed on the County website as of the time I am writing this, the position does not specifically stipulate need for any formal education. I opted to wait in the office rather than leave and return at 2:30 PM. I was eventually told I could be seen at 11:40. I'm glad I waited. Eventually I was able to sit down with Manu and have a discussion about things happening in 2025 that address some of the most pressing issues for business and residents alike in Santa Cruz County and across the State of California. My thanks to Supervisor Koenig for his time. As is demonstrated by my experience in trying to secure interview/conversation

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GIFT CERTIFICATES IN ANY AMOUNT AVAILABLE FOR PURCHASE AT 1UV.



A 1UV a kind gift from:

THIS GIFT CARD ENTITLES

name: _____

to: _____

at 1UV Gallery Studio
716 Soquel Ave
Santa Cruz, CA 95062
831-226-2586

larissa@1uvgallerystudio.com

visit 1uvgallerystudio.com for hours

this gift card expires: _____

with elected officials, it is a big challenge simply to be heard.

In addition, juvenile neighborhood politics of who is “in charge” created by California’s culture of “community policing” has done more to hurt business and promote an environment for crime than anything else. Power and status of being the “leader in charge” forces adults to regress to school playground tactics of gossip and bullying. These things escalate easily into gangs, turfing, property damage, theft, vandalism, and violence. On Soquel Avenue there is a dispute over the name of the neighborhood. Since moving my business to 716 Soquel I have been on the receiving end of childish thug tactics. For over 30 years the City recognizes the area and loosely organized business as Midtown. The area is also called Seabright and Eastside by different people depending on how long they have lived in the area. The history is: a large area including the blocks of Soquel were originally known as Eastside. Then some years back a City Plan was established breaking Eastside into smaller areas for the purpose of City Planning and budget allocation for infrastructure and law enforcement. As population rose the area was further split by the nature of growth and the name Midtown rose among local businesses. People who have little to nothing to do with the commerce of the street, ownership of businesses or land, paying of the bills of the businesses, marketing or planning have taken exception to the organizing efforts of businesses. Emotional attachment to neighborhood name, a long gone past, and an unreasonable need to control the lives of others for sense of “leadership” or “street cred” has led to turfing and bullying of established businesses and new businesses alike. Some businesses have closed or moved because of the behavior and foot traffic for businesses has been affected. It’s a shame that the mentality of community has deteriorated across the board to tribal turf talk tactics where there are too many “Leaders” and not enough “followers”. Persons doing actual work are exploited by those with too much time on their hands who would rather bully and control than be contributing parts of community. As such, in addition to taxes and sky high rent, inflated egos and the Junkie Welfare State are also big challenges for small business. Let’s talk about it in this issue... ■



TAKE YOUR TIME. SUPPORT SLOW CULTURE. BOOK A PRIVATE SHOPPING APPOINTMENT @ 1UV WITH LUNCH OR DINNER AT SUGO ITALIAN PASTA BAR.

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

\$50 per person

Visit www.1uvgallerystudio.com/privateholidayshoppingwithsugo for more info.



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

1UV a kind recycled textiles

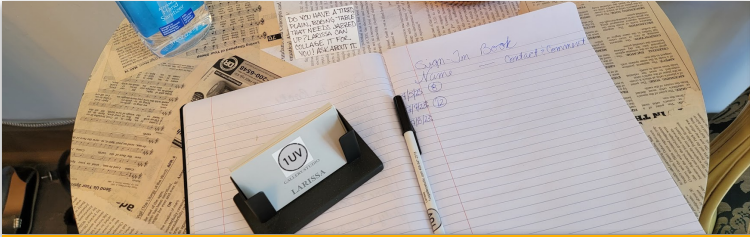
Starting at \$200 USD + tax



1 UV a kind WOMEN'S, MEN'S & GENDER NEUTRAL garments by Larissa ONLY at 1UV

Assorted items starting at \$125 USD (+ tax)

Shop existing garments during regular business hours, or schedule a Creative Consultation to have your own custom garment made. See page 39 for info on scheduling a Creative Consultation for your custom 1UV a kind garment or item.



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

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



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

Each copy is signed.

\$95 USD + tax

Available ONLY at 1UV Gallery Studio.

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

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

1UV COLUMNS & CLASSIFIEDS

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

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 POOP SCOOP

A column for Fur Babes and their people

OUT & ABOUT WITH YOUR FUR BABE Etiquette and Perspective

There is no doubt that Fur Babes enrich our lives and their companionship can rival that of our human peers. At my house I don't let anyone disrespect our Babes. Any abuse of our Babes is grounds for being asked to leave and not come back. That being said, things work both ways and you should not feel entitled to bring your Babe with you everywhere you go. It simply isn't reasonable. If you truly have a designated Service Animal you will have a license

for that animal legally proving that you need that animal to help you get around. Such animals have very special training and are not to be petted or even acknowledged by anyone other than their handler when they are working. A true Service Animal is seen and not heard. They are highly trained and will not cause any type of problem in stores, restaurants or other public places.

An emotional support animal is not a Service Animal. An emotional support animal is a good natured pet who is a special companion for a person who has anxiety. You are not entitled to bring an emotional support animal into public places. That is a privilege offered to patrons by business owners at their discretion. At bars and restaurants it is disgusting to allow your pet to sit at the table like a person or as you may allow them to do at your own home. What you do in your home is your own business, but in public it is unhygienic to allow your dog or other Babe to put their paws on chairs and eating surfaces. It's a health code violation.

My Brody is a wonderful boy. He is also a very typical Border Collie accustomed to a wild country life in the redwoods. His training, conditioning and nature are well suited for life on The Kitty Pants Ranch, but not so much for life in the City of Santa Cruz. I would never try to take him into a restaurant. It would be cruel to him to expect him to behave counter to his nature. He would be anxious wanting to herd everyone and keep everyone organized to protect me and "our property". It's his job, and he does it well. It's not that I am concerned that he would fight or be aggressive. That's not his nature. But he is very assertive, persistent and smart. I wouldn't want him to be uncomfortable or force any other business owner or business patron the need to tolerate him.

If your dog is overly possessive or territorial, don't bring them with you places. Dogs mark their territory and this can be problematic in stores and eateries. If your dog's temperament is such that you can bring them with you,

please don't put them on eating surfaces. Their feet are catch-alls of the dirt, grime, bacteria, fungi and viruses that may be on the ground, particularly in more urban settings where it is not unusual to find human body waste. It is also important to respect that not everyone is enamored by Fur Babes. And that is OK. It's not OK to abuse Fur Babes, but not being a pet person is not a crime, nor does it make someone a bad person. Fear of animals, even super cute puppies, is not uncommon.

Fur Babes that are good natured and well behaved are welcome at 1UV when you visit during public hours. I also offer private Reiki services for Fur Babes. This service can help anxious or otherwise distressed Babes heal and cope with dis-ease. Please stop in with your Babe and say hi some time. I look forward to greeting you both. But please also understand that as a business owner it is my right to deny entry and service to anyone, human or Fur Babe. ■

Are you interested in writing an article for THE POOP SCOOP or another 1UV MONTHLY column? See pg. 44 for submission details.

Does your Fur Babe live with a chronic condition? Make an appointment for a Reiki session to support your Babe's pain management and/or recovery. See pages 40&41 for more information on Reiki and appointments.

NATURAL BEAUTY will return in future issues of 1UV MONTHLY.



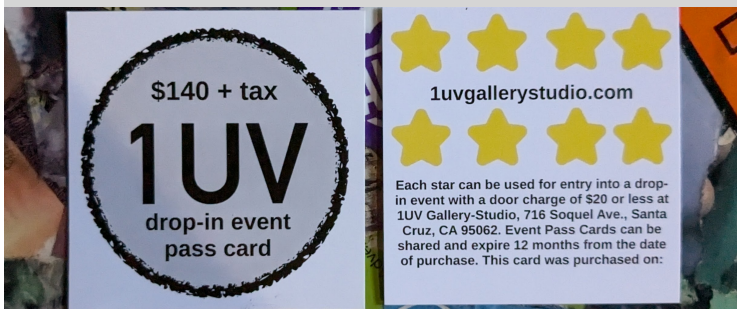
LIVING POETIC

A column for original poetry

I wrote this poem on a slow, cool, sunny Saturday afternoon in the Fall of 2024...

TIRED

I'm tired
 Tired of empty promises
 Of last minute cancellations
 I'm tired
 Tired of lies
 Of double speak and innuendo
 I'm tired
 Tired of laying in bed
 Of waking sleep
 Of dreams that console then cut upon waking
 Of feeling whole only to be reminded
 Of how incomplete I've always been
 I'm tired of the privilege of work
 Of the privilege of sacrifice
 I'm tired
 And no amount of rest seems to help
 So I settle for the kiss of the ghost of a memory that
 fades every time I open my eyes



Event Passes are now available at 1UV. Each star can be used to be admitted to a drop-in event with a door price of \$20. Eight stars for \$140 is like getting one event free! Cards are good for 12 months from purchase and can be shared.



LIMITED PALLET

A lacto-ovo vegetarian centered column

WHEN TO KEEP THE CHANGE

Things to consider about gratuity

I write *Limited Pallet* for three reasons. 1) Culinary Art is Art and I enjoy it. 2) I'm a lacto-ovo vegetarian and have had my fair share of abuse for being such and 3) I worked long hard hours in a number of restaurants for years to put myself through college. The hours I worked and the difficulty of that job kept me from having any of the social life that normal college students enjoy and is why I don't have "college buddies". I'm writing *this article* because tips are what made it possible for me to pay for my copious college expenses. OK...

When you go out to eat or purchase food from deli/cafeteria style eateries it is customary to be given the option to offer gratuity. These days the customer is usually even offered options of how much to give: 10%, 15%, 20%, and other. Back when I was waiting tables folks were expected to figure such things out on their own. 15% is considered average, in case you were wondering. You might think that working in a restaurant where the ticket is higher that a server makes better tips. This is not exactly true. There are other things to consider.

Different style eateries have different business structures. Believe it or not, the best money I have ever made at *any job* to date has been working in greasy spoon diners. That's how I paid for college. While a fine dining establishment has a much higher ticket price per bill the customer sits much longer. There server has fewer tables. And people who spend more on a meal are less likely to tip well. People spending more on a meal tend to treat their servers worse and are tight fisted. Most fine dining places will pay a higher hourly wage to staff, but it by no means compares to the money I made when working in greasy spoon diners...and I worked fine dining too.

Diner servers can expect their tables to flip much faster. The faster a table flips the faster it can refill with a new customer. Clientele of diners are more likely to be working class and have sympathy for the position of the server. Even if they don't have the means to spend money at a fine dining establishment they are more likely to tip their server generously. Also, diners have that breakfast bar. Folks that sit at the bar are one of two types of customers: regulars or folks in a hurry. Regulars that sit longer and get to know staff usually tend to tip more. Those in a hurry also tend to tip more out of gratitude for speedy service that gets them on their way. And folks who sit at the bar just to have a cup of coffee will often leave a \$5 bill to cover the \$3 cup of Joe they slugged, not waiting for their change.

People at diners who usually *do not* tip well are: foreign tourists, mothers alone with children, old hippies, church groups, the under 21 crowd, cops, and homeless...oh and ex-boyfriends on dates with new girlfriends. Special shout out to: Bill Hill who left me a tip of three cents wrapped in a paper noose made of his straw wrapper, the homeless grunter who robbed the credit union, the cop who wrongfully detained me as a teen then came and sat in my section every week but never tipped me, the church group that came in every weekend and sat for over two hours then left me a fake five dollar bill with an invitation on the other side to go to their church, and the Muslim guy who came in all week while he was in town on business and demanded I double wash the cutlery in case it had touched pork then didn't tip because I was wearing a skirt that showed my knees. I gave you all great service and you all were rude cheap bastards. One time the cop did tip me two cents. I chased after him as he left and returned it telling him he obviously needed it more than me. HA! He still kept coming in. Cops got 50% off.

Waiting tables is hard work. Working in any capacity in a restaurant is hard work, but interfacing with the customer is the hardest. And I was damn good at it. When working diners it wasn't unusual for me to pull in \$1K or more a week in cash tips. A lot of it was in change. I kept the change in a shoebox under my bed and rolled it once a month and deposited it in the bank with my stacks of \$5s \$10s and the occasional \$20. The \$1s I put in my wallet. Those are what I used to buy my lunch and cigarettes. The majority of my tips were \$5s and change. Most of my money went in the bank and covered car payment and insurance, oil changes, school supplies, clothes, and other miscellaneous school expenses.

When I was working diners we took home all our tips in cash, even the ones left on credit cards. Credit tips came out of the register by the manager or owner at the end of the shift. At one of the places I worked we were responsible for keeping our own bank and so we ended up settling up with the register at the end of the night with the cash out of our personal bank. Things are different now. Cafeteria/deli/coffee bar style counters have communal tip jars and tips left on credit cards don't necessarily go to the person you intended to tip. Most places now pool tips left on credit cards and divide the money equally between all shift workers, or even all day workers. I think this is horrendous. It's a good indicator if an eatery has a tip jar by the register that all tips, even ones left on tables, are pooled and distributed among all servers. That means you can have one person who does a great job and makes most of the tips and the rest of the lazy good for nothing bunch gets the benefit or vice versa. You can have a hopping staff and one lazy good for nothing (often relative of the owner) who does nothing and still gets paid. Also, it isn't uncommon now days to have gratuity already added as a charge to your bill. This is usually done for parties of five or more at a rate of 18%. All of this takes incentive out of the job.

When I was waiting tables the tips were a great motivator and reward. They boosted job performance for the entire establishment which in large part is what kept folks coming back even if the food was mediocre. Only one of the places I worked had mediocre food, and I still made good money. I know this ex-tech guy turned beer brewer that makes mediocre beer but made a ton of money in tech. He doesn't believe in tipping. In all honesty, he doesn't deserve a tip for anything. Both his product and service are crap. But this is not such an uncommon

perspective for folks like him: retired boomer burners with no real concept of manual labor. As a youth I have no idea what he was like, but as an adult he jumped on the Burning Man band wagon because it seemed like the "cool thing to do". I've never been fond of the Burning Man model. It seemed like a big waste of resources that trampled delicate desert ecosystems for the vanity of over privileged drug swillers with a "cool kid club" — but hey, what do I know? All I know is while I have respect for tech he has no respect for Art or manual labor. But this is beside the point.

Given my personal experience and observance of the modern changes to the food service industry this is my informed and heartfelt opinion/advice to anyone buying food at an eatery that gives the option of tipping:

- 1) Only tip for good service. Conversely, don't be a jerk. As long as you get your food and the food is satisfactory, if the service is bad just don't tip.
- 2) When considering to give a tip be sure to look and see if the tip is already included on your bill. Some places will add gratuity even for just a single customer. There is no need to double tip.
- 3) Ask if tips are pooled or go to the individual servers. I'm no longer want to tip into pooled tip jars. If you weren't the one who gave me service I don't want to tip you.
- 4) If a server is particularly good OR particularly bad let the manager know.
- 5) A good server will tell you their name the first time they come to your table. Please address them by their name. If they don't tell you, ask their name.
- 6) And this last one is for servers and other staff: it is beyond rude to call your customer any kind of name other than their actual name (if you know it), Ma'am, Miss, or Sir. I made as much money as I did because I cultivated relationships with my regulars and offered genuine respect to ALL others. If a customer is repeatedly a problem tell your manager. Your manager can ask them to leave.

A server is not a servant. Waiting tables is a respectable job and one that can be very well compensated when taken seriously. And the same goes for all other service industry jobs where tipping is customary. Bon appetito ■



Manu Koenig, District 1 Supervisor
 Photo from: www.santacruzcountyca.gov/government/boardofsupervisors/district1.aspx

CREATIVE POLITICS

A column about the politics of Art

THAT'S CRAZY
 Exploitation of mental health for control and financial gain in industry and government

After sending a letter via USPS Priority Mail (requiring

signature) explaining I had voted for him and was considering not doing so again, on Monday November 4, 2024 I met with Santa Cruz County District 1 Supervisor, Manu Koenig to discuss problems faced by small businesses in 2025. I had contacted his office and the Board of Supervisors as a whole via phone and email requesting a meeting and was rebuffed and/or outright ignored by supporting staff up until that point. Something that affects both business and residents alike is the growing population of unhoused in California. Because of our moderate climate and popular fantasies of fame and fortune, California is a catch-all of unhoused persons from across the country. In recent years California has seen a ballooning in unhoused population for a wide range of reasons including but not only: unstable economy and job markets, new powerful synthetic street drugs, political unrest stemming from the growing class divide, global war and climate change. The COVID pandemic and the subsequent lock down further created crisis in mental wellness for all age groups, perhaps most notably children. According to the NIH 5,568 youth committed suicide in the first 10 months of the pandemic alone, a number they admit on their own website is significantly higher than normal.

In response to youth suicide increases, as well as increased mental health problems reported in adults during the same period, California instituted the State wide CARE Court Process. Manu explained to me this legislation and other programs discussed in this article go into effect in Santa Cruz in 2025. With this legislation it is now legal and encouraged for persons to report on fellow citizens to the State if they think they are mentally disturbed. The new laws and process make it easier to strip citizens of their rights to physical autonomy and

Constitutional Rights if they have been diagnosed with *or are suspected* of having certain mental disorders including: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Other Specified Schizophrenia, Spectrum and Other Psychotic Disorder, Unspecified Schizophrenia Spectrum, Other Psychotic Disorder including: Brief Psychotic Disorder, Delusional Disorder, Schizotypal Personality Disorder, Substance Medication- Induced Psychotic Disorder, Catatonia Associated with Another Mental Disorder, and Unspecified Catatonia.

In this court process persons reported by spouses, siblings, parents, adult children, roommates, EMTs and law enforcement must now stand trial with a possible outcome of being put under formal conservatorship and being forcibly medicated. In addition, Gavin Newsom signed into law SB43 aimed at forced treatment of those with substance abuse issues. Under both programs Counties in California can petition the State for funding for housing and services for these populations. Koenig informed me the County of Santa Cruz has received funding for and has begun building of a number of new treatment facilities including 34 temporary housing units, a children's crisis center as well as a 24/7 "crisis response line". On surface this all sounds great. But it remains to be seen how many people will actually be helped or if this intrusion into personal autonomy will simply be used to coercively control the politically inconvenient and/or those the creative and other dominant industries based out of California (the 5th largest economy on the globe) routinely choose to enslave, steal from and abuse for profit.

There is a long history of such abuses in creative industries. Three contemporary stories that come to mind immediately are: Brittany Spears, Brian Wilson, and Daniel Johnston. All of these stories have a mental health aspect connected to them and all of these individuals have been/were/are abused by medical professionals and family members. There are also stories like those of Vincent Van Gogh, and Sylvia Plath. These high profile stories feed the voyeuristic tendencies of media and the human psyche in general. It is not an uncommon human desire to look upon someone who can be marginalized in such a way so a *normal* person can say, "Yeah, well at least I'm not that bad." But none of this does anything to protect and address Constitutional Rights or personal liberty and/or the vulnerability of an individual whose only fault is being very smart or thinking/believing in a way different than their family or cultural community of origin. This process can easily be used to silence those who oppose political parties and/or religious institutions.

It was not long ago that women were forcibly lobotomized for desiring to be more than housewives/ breeding stock or desiring to enjoy sexual pleasure. With the over turn of Roe vs. Wade this could very well become a common place reality once more particularly if a court can force Conservatorship upon a person including forcible medication and "treatment". Reading through the literature about CARE Court found at <https://www.disabilityrightsca.org/publications/sb-43-and-care-court-community-faq> and chhs.ca.gov there are no specified criterion that persons must prove or disprove to legally establish competency. It is left vaguely as: is the person eating enough, able to care for themselves, or are they a danger to themselves or others? These things are all subjective. ANY person living unhoused would technically meet all of these criterion and many others could be deemed as unfit for self care under subjective evaluation by those with personal agendas and/or vendetta (like malicious/abusive family, political or industry rivals). This is compounded by the fact that none of the new persons who can now legally turn in a "loved one" out of concern is required to be a licensed medical professional with diagnostic jurisdiction. A spouse who wants to get rid of their partner for financial gain or out of malice can now force their partner to defend their sanity in a court of law. There are already plenty of people who have been marginalized and abused in this way over the years, myself included, while other persons I know who truly are at risk are left to rot because it is not financially beneficial to anyone to give them the care and support they need. Once a person has been declared unfit to care for themselves by the State it is then a long, stressful, arduous and expensive process to expunge such a label and be taken seriously by medical staff and/or law enforcement. Such treatment can lead to further physical injury and oppression of individuals that are simply politically inconvenient to those established in positions of power or families that organize to keep certain secrets to maintain outward appearances. And children strapped with labels of mental illness early in life are stripped of rights before they even understand that they should have had them to begin with, not to even mention the problems faced by those given incorrect diagnosis. My personal lived experiences leave me with little faith or trust in this legal system or ANY governmental body, particularly Socialist-leaning structures like California. Individuals are chosen to abuse, test ideas and drugs on with no recourse for legal action or compensation for harms done for the personal gain of Socialist elites, institutions like The Catholic Church, and Tribal Courts.

I am living proof of this and I'm sure I'm not the only one. It has been the insidious plan of the Industrial Areas Foundation to destroy personal autonomy to push through Vatican backed United Nations agendas of oppression of non-compliant women from day 1.

But, it still remains that there *are* those out there in desperate need of assistance and their presence on the streets presents problems for residents and businesses alike. Having a disturbed and/or intoxicated person camped out on your doorstep whether it is your home or business is dangerous. It also deters financial interaction of potential clientele and contributes to the deterioration of community. So, it remains to be seen how and if the implementation of these new policies and programs will do *anything* to address actual problems. In fact, it has great potential to encourage further exploitation and abuse of persons who are inconvenient or otherwise threaten the position of power for those who are part of the established power elites in tech, entertainment, fashion, cartel, tribal, religious and governmental industries and/or communities. People such as myself who readily engage in Critical Thought and question agendas of power are left to live as slaves intentionally harmed for the financial gain of the already obscenely wealthy, power hungry, or the simply petty and jealous. Nor does any of this address the issue that much of the present mental health crisis was, in fact, instigated by governmental policies like the failed war on drugs and the ones instituted during COVID lock down. Many personal rights were done away with through tactics of fear mongering and I can't say I see any gain in quality of life for me or anyone I know. How about you? ■



Office of the County of Santa Cruz Board of Supervisors



FABRICATION TECHNIQUE & METHOD

COMPOSITION & WHY IT MATTERS: Considering Balance

In the December 2024 Issue I explored the function of The Rule of Thirds (TROT) in composition and design.

There are a number of different “rules” in composition and design theory. They vary slightly depending on which theorist you happen to read, but all are fairly similar. It’s hard to reinvent the wheel.

Besides TROT, another rule (or guideline) to consider when designing composition is Symmetry/Asymmetry. Both symmetry and asymmetry create a sense of visual balance in a composition, but in opposite manners.

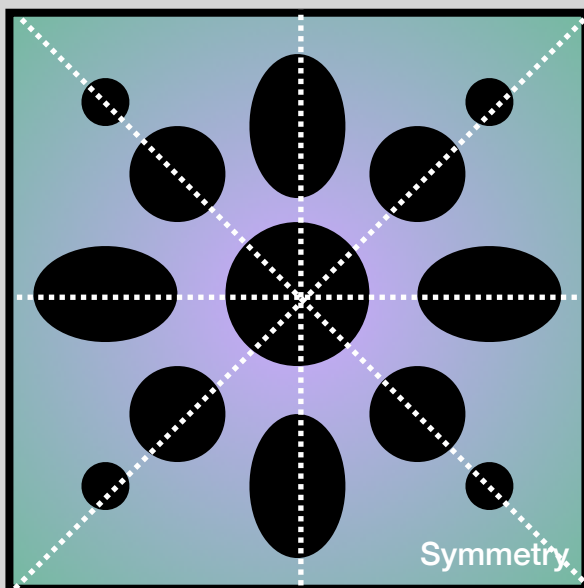
Choosing whether to apply symmetry or asymmetry in a composition sets the emotion of an image as well as directs the movement of the viewer’s eye through the field of view.

(Continued next page)

About the image:
Boardwalk Iris
Summer 2024

Iris with their characteristic symmetrically balanced blooms dot the walkways surrounding the parking lot in front of the Santa Cruz Beach Boardwalk

The middle left image is an example of symmetry in a composition. Symmetry is defined as being “the same” on both sides. The image middle left is broken in four ways into two equal halves. The example is made more simple because the field of view is defined as an equilateral square, as opposed to a triangle, rectangle, oval, or any other shape other than a circle. A square can be broken in four ways into equal symmetrical halves. A circle can be broken into an infinite number of equal halves. This is because a circle is defined as a single center point surrounded in 360 degrees by an infinite number of points an equal distance from the chosen single center point. I decided to use a square for the example because it is simpler than trying to keep track of half an infinity of halves. Sure, you could rotate 360 degrees around the center point of a square and

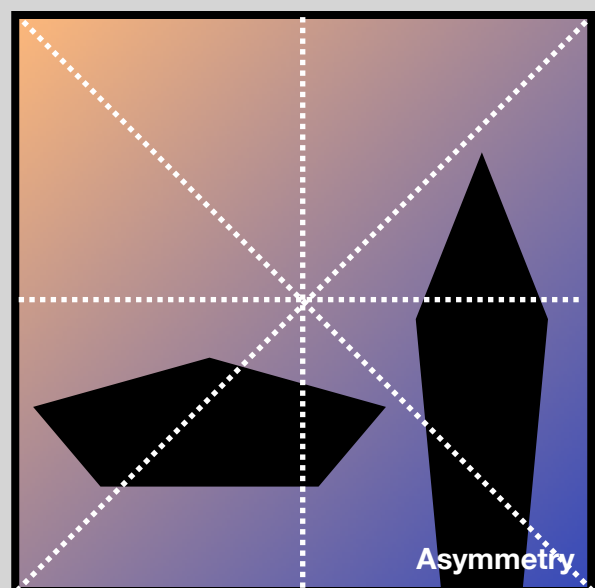


technically have two halves identical in area. But those halves, while equal in area, would not be mirror images of each other, as they always will be in a circle. A square has sides. A circle does not.

Symmetry is perhaps most famously represented by Vedic mandalas used for meditation. This form of balance moves the eye at regular intervals in a circular motion through a composition. Shape and color stops the eye. Pattern repetition at regular intervals facilitates movement of the eye to the next “stop”. If that pattern is contained within the confines of the field of view, the eye remains captive within the symmetrical circuit. If the symmetric pattern breaks the field of view by appearing to continue outside of the field of view the viewers eye is moved through and out of the field of view.

Symmetry suggests a sense of comfort and safety. Consciously or subconsciously the viewer knows what to expect and that consistency is reassuring. It maintains visual involvement and promotes emotional security. This is how a mandala works to promote regular brainwave patterns for meditation and promotes a sense of well being.

The example middle right features asymmetry. While the weight of an image exhibiting symmetry is evenly dispersed between equal halves, images exhibiting asymmetry see the weight of an image dispersed unequally. The two objects in the example of asymmetry exist predominantly in one half of the field of view. A sense of balance is reached through the implication of relationship between the objects. The shorter wider



pentagon suggests a cast shadow of the taller thinner pentagon. It creates an illusion of depth of field. While in real space the two images are side by side, the juxtaposition and placement in asymmetric balance create a kind of cognitive dissonance suggesting depth. It moves the eye back and forth in the field of view, not in a circle at regular intervals. This is a conversational kind of dynamic that could be interpreted as pleasant or confrontational depending on other design choices such as color or size. The taller thinner pentagon is also aligned with the border of the field of view, pulling the eye outside of that field. It breaks any comfort a symmetrical composition may offer and creates friction or a duality in dynamic. It's not as reassuring or comforting as the predictable regularity of symmetry. All of this in mind, color and content are game changers.

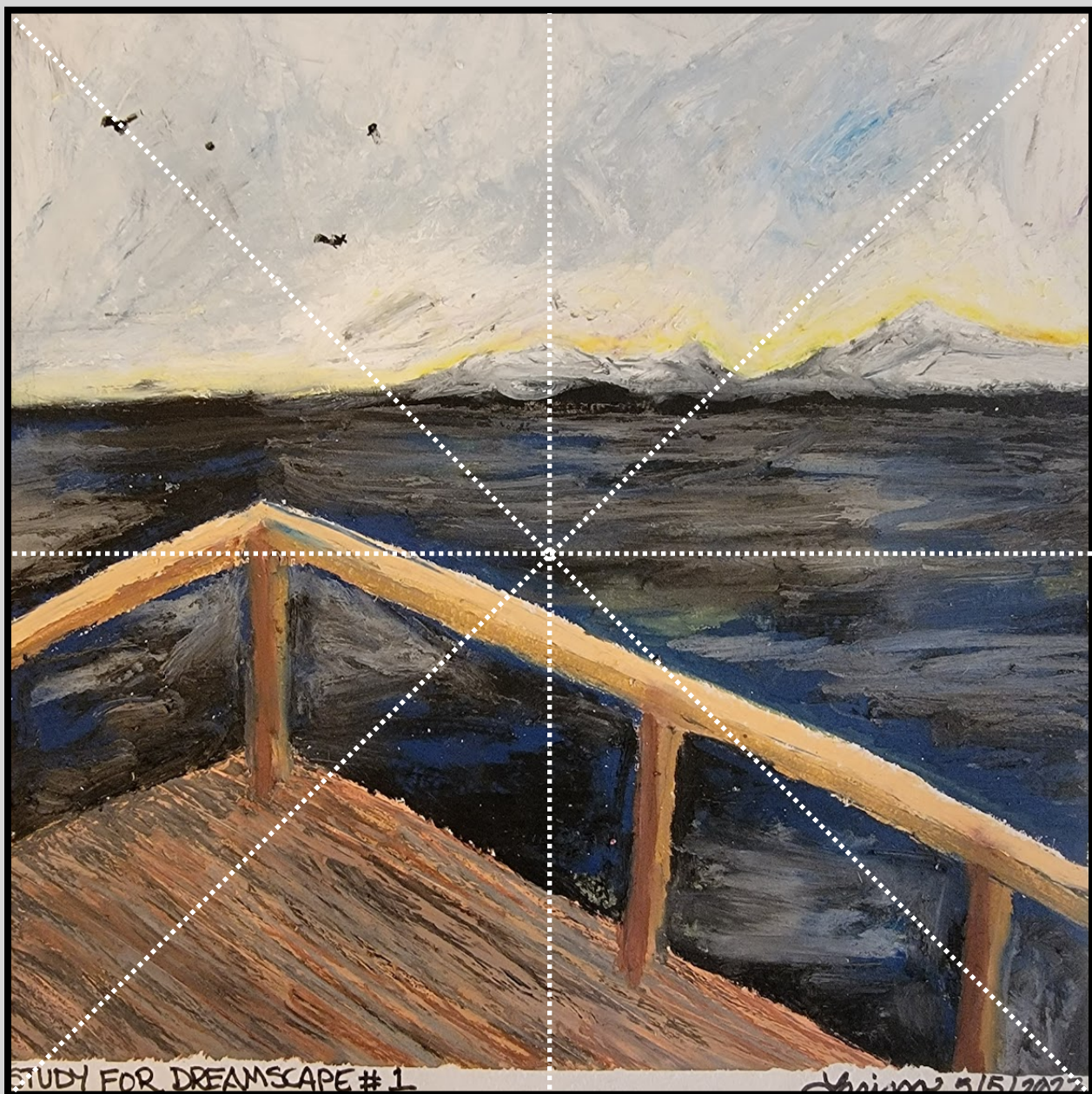
Now let's look at symmetry and asymmetry applied in actual composition. The image bottom this page is *Study for Dreamscape #8*. The image is nearly perfectly symmetrical when split down the middle from top to bottom. In addition it is visually weighted in such a way that it is equally heavy on top and bottom. Normally such a regularity in a composition would bring ease and reassurance. However, color, content, and context lend a different emotion. The viewer's eye is still held in a visual loop through the image because of the function of symmetry. But the other design components break the ease. The color pallet utilizes a predominantly split tertiary color concept. Starting with the center red of the flames, the pallet features both yellow-green and blue-

green on a value scale. The predominant use of ochre in the bottom half of the composition is a visual balance to the weight of the graphic placement in the top half of the composition. In this way a circular symmetry of weight is created drawing the viewer's eye around and around the field of view over and over. The content and context of the image creates a friction and dis-ease. The content of the image is a dream about the martyrdom of the Orthodox Christian Saint, Larissa. She was martyred in/ around 535 AD with 62 other Christian Hun converts by community members angry over their conversion. They were ambushed and bound while engaged in adoration prayer then burned alive. Symmetry moves the eye at regular intervals but the color and content create friction.



The image bottom this page is *Study for Dreamscape #1*. The image is a perfect example of asymmetry applied in composition. Objects placed in the field of view are primarily weighted in the bottom half of the image when it is split in the middle parallel to the horizon and in the bottom/left of the image when it is split down the center from top to bottom or from top left to bottom right. This visual weight comparison between the object/decking in the bottom appears in conversation with the much smaller appearing far off mountains in the top right quadrant. This creates a back and forth visual dialogue that can cause friction or a sense of dis-ease. But then there are also color, content and context contributing to the emotion of the finished image.

The color palette of this work is primary. The pigment used for the decking is transparent earth red. Cadmium yellow and ultra marine blue are used in the sky and water. These colors are then manipulated on a value scale ranging from lead white to mars black. This primary scale invokes a sense of intrigue. The coolness and expanse of the environment imply solitude and contemplation. Indeed the content of the image is a dream about having a cup of tea, seeking inner council, contemplating private thought and desire. The asymmetry of the composition moves the dialogue back and forth between parties in a cool and soothing way, even with the menacing depths of ice waters in the surrounding. Balanced composition is very complex. ■



STUDY FOR DREAMSCAPE #1

Larissa 5/15/2022

Are you a business located in a five mile radius of 1UV Gallery Studio?

Would you like to be listed here, in

1UV MONTHLY's Neighbor Business Directory?

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

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

1UV Gallery Studio

*Working studio & exhibitionspace for
American Multidisciplinary Fine Artist &
Reiki Master/Teacher, Larissa*
Thurs.-Sat. 11AM-6PM or by
appointment
716 Soquel Ave.
1uvgallerystudio.com

Sugo Italian Pasta Bar

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

Taqueria Santa Cruz

*Serving Mexican food for breakfast lunch
& dinner*
7 days a week 9AM-11:30PM
1002 Soquel Ave.
taqueriasantacruz.com



1UV ANNUAL LIMITED EDITION CALENDARS AVAILABLE @ 1UV \$40 USD + TAX

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



The image at the BOTTOM of this page features a painting called *Fish Eye View of the CZU - Devilfish Watched*. This work tells a story about living through fire season in the redwood forests of Santa Cruz County. Seeing a photo of a work of Art is not the same as seeing a work in person. Schedule a private field trip Monday through Wednesday to visit IUV to see the painting. Enjoy a Q&A with the artist about the painting, the environment and living in the Santa Cruz Mountains. Guests will have the chance to share their own stories and experiences as well. Then take a short walk down the street and enjoy lunch at Taqueria Santa Cruz. Make memories and gather information to take back into the classroom and every day life. Q&A and group discussion is adjusted to be grade level/age appropriate. For classes, reserving classroom teacher may submit specific/relevant topics from related current class curriculum to be touched upon in the field trip experience. Minimum K-5 class size is 4 youth and up to 2 adults. Maximum K-5 class size is 28 youths and up to 5 accompanying adults. Minimum size for all other groups is 4 youth with 2 adults or a total of 6 individuals. Maximum group size for all other groups is 10 individuals with a minimum of 1 adult/chaperone per 4 youths 16 and under OR persons with special needs requiring assistance. Each guest receives a small Color Swell gift before leaving the gallery. Optional 8x10 group photo taken by the artist in the gallery with the painting for each student printed by Bay Photo for an additional fee. Photos will be mailed to the school or address provided by the group contact via USPS. If translation is required the visiting party must provide a translator. Reservations must be made a minimum of 2 weeks ahead of time. Lunch includes 1 entre and 1 drink per ticket. Transportation is the responsibility & liability of the visiting party. Gallery visit begins at 10AM and lasts 1.5 to 2 hours depending on the size of the visiting group. Gallery is not open for point of sale shopping during K-5 visits. Lunch menu set by Taqueria Santa Cruz. Review the Gallery Visiting Guidelines & Policies (pg. 47) before your visit.

K-5 Visit & Lunch: \$24 each ticket

K-5 Visit & Lunch with Photo: \$34 each ticket

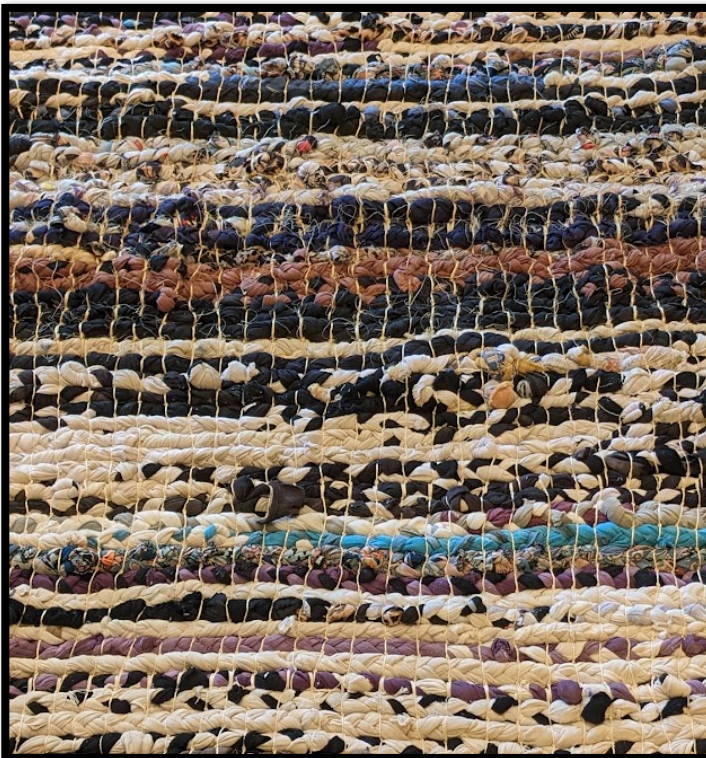
All other Group Visits & Lunch: \$34 each ticket

All other Group Visits & Lunch with Photo: \$44 each ticket

More info at www.iuvgallerystudio.com/scheduleagalleryvisit



Fish Eye View of the CZU: Devilfish Watched, 16' x 4', oil on board, 9/18/21, \$25,000 USD + tax



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 during posted business hours. Larissa recycles worn out yoga pants and maxi skirts.

Lokah samastah sukhino bhavantu.

Om shanti shanti shanti.

Om nimah shivaya.

Namaste.

1UV Gallery Studio is seeking:

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

Visit

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



FOOD FOR THOUGHT

A column about random things to feed your mind

SO, YOU DON'T LIKE ME. I'M USED TO IT.

Work, Sacrifice & Self Respect

It's expensive to do anything in California. It's next to impossible to have a small business. It's even harder to find people to support you in your business. Theft of property, whether physical or intellectual, is totally OK as long as you have the right friends. I don't have such friends, so people steal from me and waste my time left and right. It seems like a joke. I don't count. And then, when out in public, I'm insulted routinely. Because I don't have many people in my life the time on my hands is mine. If I were like the majority of people I would spend my time being a lazy good for nothing expecting the government to pay for me and make all my decisions while I live beyond my means. But I'm not like the majority of people. I spend my time and money wisely and my energy on being productive in positive ways...like writing, editing and publishing this magazine, making my Art and running my business...or at least trying to do so. Since opening 1UV I have been seeking a contractor to sell advertising in 1UV MONTHLY and/or the Art and Art object I design and make myself at 1UV Gallery Studio. Like I said, having a business is expensive. I am not in the position of offering an hourly wage and I don't have the friend or family support to set up a 501c3 with an elected board. I am a sole proprietorship. I am a one woman show. Sales on a contract basis for commission is not unusual. In addition to other perks, I offer 25% commission on sales as compensation. That is a very generous commission. In theory I should have no problem finding a person to fill this position, but like I said, I don't have friends. I'm not a likable person. People resent me. Among other things, I've been told to my face that my life is "too easy" because I'm not LGBTQ, because I'm married and because of my "good" skin. I'm not sure why people think this way. My life has been and is anything but easy. I guess because I don't go around complaining all the time, demanding others make special accommodation for me (like so many seem to do) that others think my life is easy. So, folks go out of their way to make my life even harder and steal the things I have in my life that make getting out of bed worth while, like the fruits of my labors — my intellectual property AND my physical property. They have also damage my property, pets, and attacked my physical body. I've been drugged and have had broken bones. The sacrifices I have made throughout my life in order to have what I have and be where I am (you know, the things that people say make my life easy) others don't do. I don't go on vacations. I don't have a fancy car. I don't live extravagantly. I don't have children. I don't have friends. Basically, my entire life, when not being assaulted or abused, has been work or going to school. And now, my entire life is just working, and a lot of my work is simply stolen by people who don't understand what it is to work...to really work, and to sacrifice. That's why a lot of folks don't like me. I'm used to it and I stopped caring long ago. I respect myself.

PUBLICATIONS AVAILABLE @ 1UV:



1UV MONTHLY is available, gratis, at 1UV. There are also a number of other original texts by Larissa available for purchase. The Reiki manual by William Lee Rand is available to Reiki students and is included in the price of certification/training @ 1UV.

FEATURED ART & ART OBJECT

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



Photo by Omar Dahroug 10/26/24



Photo by Omar Dahroug 10/26/24

Model Artist

Larissa models her original garment, **Hippy Dippy Dress #3** with **Dreamscape # 3** jewelry set and an organic heirloom Pippin apple at 1UV Gallery Studio in Midtown Santa Cruz, CA in front of paintings **Dreamscape #2, #3, #4, #5, #7, #8, & #9**. Larissa normally shops for size regular medium or large garment.

Dress: Fall 2024, Vintage tie dye scarves and vintage hand crochet lace panels, one size fits many, cool wash delicate, line dry, iron. \$275 USD + tax

Jewelry Set: Spring 2024, waxed linen, sterling silver, copper, petrified wood, aqua aura quartz. \$1,500 USD + tax.

Paintings: Winter 2023-Spring 2024, 40"x40" oil on canvas. \$12,000 USD + tax each.





Hippy Dippy Dress #4 & Old Keys Still Work #2

Sophia of Sugo Italian Pasta Bar models **Hippy Dippy Dress #4** and **Old Keys Still Work #2** at 1UV Gallery Studio in Midtown Santa Cruz, CA in front of painting **Fish Eye View of the CZU: Devilfish Watched**. Sophia normally shops for size regular extra large garment.

Dress: Fall 2024, Vintage tie dye scarves and vintage hand crochet lace panels, one size fits many, cool wash delicate, line dry, iron. \$275 USD + tax

Jewelry: Fall 2024, antique skeleton keys, dyed Sicilian marble, leather, artifact lamp-worked donuts, sterling silver. \$350 USD +tax for the set.

Painting: Summer 2021, 16"x4" oil on wood. \$24,000 USD + tax.



Hippy Dippy Dress #3

Fall 2024, Vintage tie dye scarves and vintage hand crochet lace panels, one size fits many, cool wash delicate, line dry, iron. \$275 USD + tax

Worn by Ivy. Ivy normally shops for a regular small.



Hippy Dippy Dress #2

Fall 2024, Vintage tie dye scarves and vintage hand crochet lace collar, one size fits many, cool wash delicate, line dry, iron. \$275 USD + tax

Worn by Dena. Dena normally shops for a petite small.

Hippy Dippy Dress #4

Fall 2024, Vintage tie dye scarves and vintage hand tatted lace panels, one size fits many, cool wash delicate, line dry, iron. \$275 USD + tax

Worn by June. June normally shops for a regular extra small. June, Dena and Ivy are from Florae Studio at 815 Soquel Ave., Santa Cruz.
floraestudioinc.com.

There are a total of 4 **Hippy Dippy Dresses**. Each one is 1UV a kind and are one size fits many. These garments are flowing and feminine, cheerful and strong. They can be worn by almost anyone of any size. They are comfortable, washable and suited for a variety of occasions. Every woman is unique. Each dress is unique. It's all 1UV a kind.

Do you have a collection of scarves crying out for a new life? Make an appointment for a Creative Consultation (see page 39) and have your own 1UV a kind garment made for you. The cost of the consultation is applied to the price of the finished garment.

Custom garments start at \$300 (plus tax) and go up depending on the difficulty of the materials and complexity of the garment. A quote for the final price of the garment will be given to you after your consultation. Consultation cost is non-refundable. Custom garments may include your own personal sentimental textiles and/or vintage, antique and new materials sourced by Larissa.







**An Italian Classic &
Always Picking Classic Rock #3**

Sophia of Sugo Italian Pasta Bar models **An Italian Classic** and **Always Picking Classic Rock #3** earrings at 1UV Gallery Studio in Midtown Santa Cruz, CA in front of painting **Dreamscape #1 & 2**. Sophia normally shops for size regular extra large garment.

Dress: Fall 2022, Italian silk/cotton blend and antique lace and buttons, extra large, hand wash cold, line dry, iron. \$500 USD + tax

Jewelry: Fall 2024, guitar picks, fossilized corral, sterling silver. \$150 USD +tax

Paintings: Winter 2023-Spring 2024, 40"x40" oil on canvas. \$12,000 USD + tax each.

CREATIVE BUSINESS

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

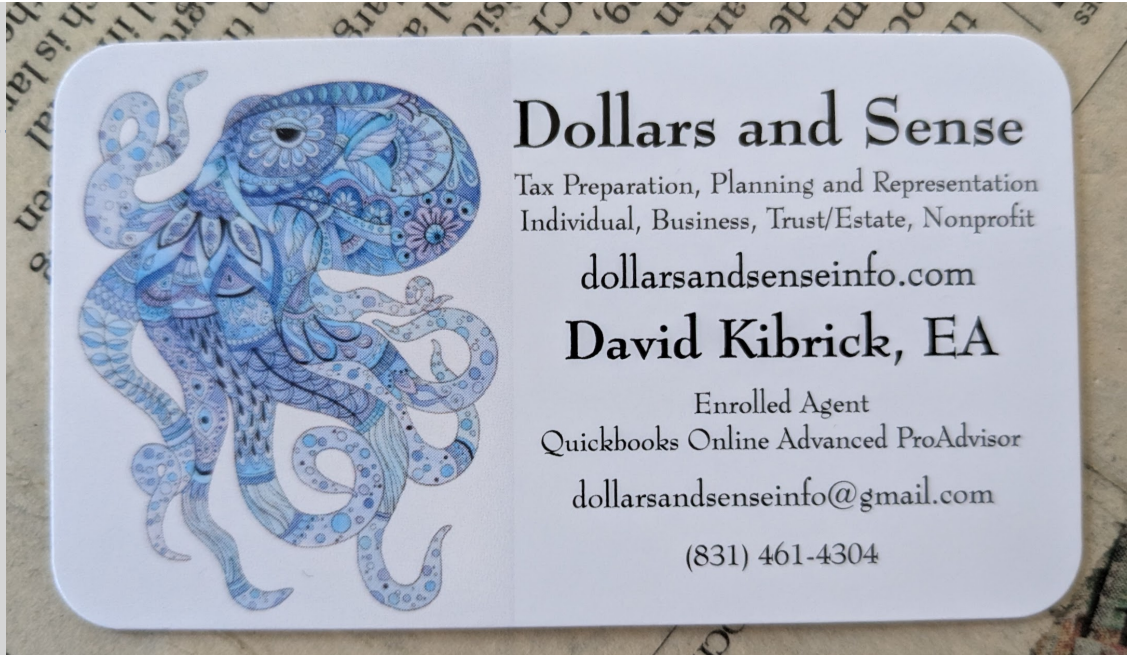
TAXES ARE COMPLICATED

A Conversation With David Kibrick of Dollars and Sense

On October 23, 2024 I sat down at 1UV Gallery Studio with David Kibrick, registered California tax preparer and owner of Dollars and Sense located at 100 Doyle St., Suite H in Santa Cruz. David has been preparing my personal and business taxes for the past six years. A life long Santa Cruz resident, graduate of Santa Cruz High and UCSC, he purchased Dollars and Sense from Caroline Murphy shortly before her death in 2021. He was drawn to the business of taxes after spending a short time in tech support. The job security and on/off season nature of tax preparation attracted him to the field.

We sat down to talk about the challenges of small business in California from a tax perspective. I explained I have been trying to secure contractors for my business and was curious about the tax implications of contractors vs. employees. David told me about the Borello Test and the more recent ABC Test established by the California Supreme Court landmark Dynamex Decision. The Borello Test is/was a long standing list of conditions used to test if an individual can be classified as either a contractor or an employee. According to the May 1, 2018 article by Timothy Kim: *The Dynamex Decision: The California Supreme Court Restricts Use of Independent Contractors* on laborememploymentlawblog.com:

On Monday, April 30, 2018, the California Supreme Court issued a landmark decision in the matter of [Dynamex Operations West, Inc. v. Superior Court of Los Angeles](#). In a voluminous, 82-page decision, the California Supreme Court reinterpreted and ultimately rejected



the Borello test for determining whether workers should be classified as either employees or independent contractors for the purposes of the wage orders adopted by California's Industrial Welfare Commission ("IWC") in favor of a worker-friendly standard that may upend the existing independent contractor labor market.

Under the ruling an individual is considered an employee unless the punitive business entity can prove: (A) that the worker is free from the control and direction of the hiring entity in connection with the performance of the work, both under the contract for the performance of the work and in fact; (B) that the worker performs work that is outside the usual course of the hiring entity's business; and (C) that the worker is customarily engaged in an independently established trade, occupation, or business of the same nature as the work performed.

These three criterion replaced the previous nine points of the Borello Test, with exceptions for certain businesses and types of services. But none of these businesses or services were extensively defined by any specific legislation or statutes. The ruling ultimately inspired the passing of California AB5 and mainly effects companies that hire large volumes of contract employees such as Door Dash, Uber, and Lyft, classifying these bulk service providers as employees rather than contractors. Statistics prove that the passing of the bill ultimately resulted in a decline of both employment and self employment in

California with some studies showing that decline being as much as 10.5%. At the time AB5 was introduced it was highly contested by both employers and contractors with advocates coming largely from left-leaning “labor rights” activist groups. It was sold to the public as a way to combat trafficking and slavery forcing corporations to offer retirement plans and other amenities like healthcare. For larger entities raking in profits like Uber or DoorDash this was a cash cow for government programs but did not put money in the pocket, or fewer working hours on the schedule, of California workers. It removed autonomy and created higher scrutiny of individuals. Meanwhile, for businesses that are more commonly *actually* connected to human trafficking and slavery, such as salons and massage parlors, workers working under slavey conditions still slip through the cracks and businesses that may have more niche clientele and higher start-up overhead like Art galleries and independent Art studios have more fees and hoops to jump through in the quest to secure financial support.

Trying to establish my business has been a huge challenge, in large part because I am responsible for wearing all the hats. If I had a crew of folks who supported my efforts, work would happen faster and turn profit. But I can not afford to pay an hourly wage let alone into retirement or healthcare. Meanwhile, my work and concepts are routinely plundered and pilfered by entities like NBC, Curb Records, Balenciaga and any number of other filthy rich individuals located in California and elsewhere. I am left with no real recourse because I am neither rich enough to hire adept legal representation or poor enough (*or* have the right friends/family) to be provided pro bono representation. Unscrupulous Asian companies have ripped off my designs and others with cartel links spy, attack and manipulate so I am left with no options. Spoiled Instagram/TikTok/influencer brats and/or those pushed through the education system by “no child left behind” had student loans paid off by Joe Biden while people like my husband and I (who have slaved and done everything demanded of us) have paid both our and lazy welfare tit sucker’s bills and continue to be ripped off by both sleazy sides. Then I’m told how easy my life is and that I should be flattered when Leftist and/or Right-wing rich pigs rip off my work.

I’m disgusted by both Democratic and Republican non-solutions aimed to pacify purposely ignorant masses and ensure personal agendas of elections and/or re-elections. I’m also looking to find a contract sales associate — someone who speaks English fluently (so we can both understand each other), can work in this Country legally, who is interested in representing a product that is not in the business of exploitation or dishonesty, and isn’t going to rip me off. But evidently that is just too much to ask. So until my husband and I die we’re sentenced to pay for everyone else’s kids and grandkids to have access to things they neither respect or deserve and be told that we are lucky to have “the privilege”. At least I know my taxes are being prepared by someone who is Registered with the State and knows the rules, so no one can accuse me of stealing. You need to be careful when choosing a tax person. When we lived in Santa Rosa our taxes were prepared by Pauline Baldinegro who was referred to us by Robin Miller, our realtor at the time. Pauline, at one point in her career, worked for the IRS. So, we thought we were safe. But she ripped us off horribly then skipped the Country leaving us with a huge debt we had been planning to pay with our (stolen) tax return. Eventually we got it back but not until after we were left even deeper in the hole of credit debt and interest fees. David Kibrick hasn’t ripped us off. He is accepting new clients and can be reached at the contact information on page 30. ■

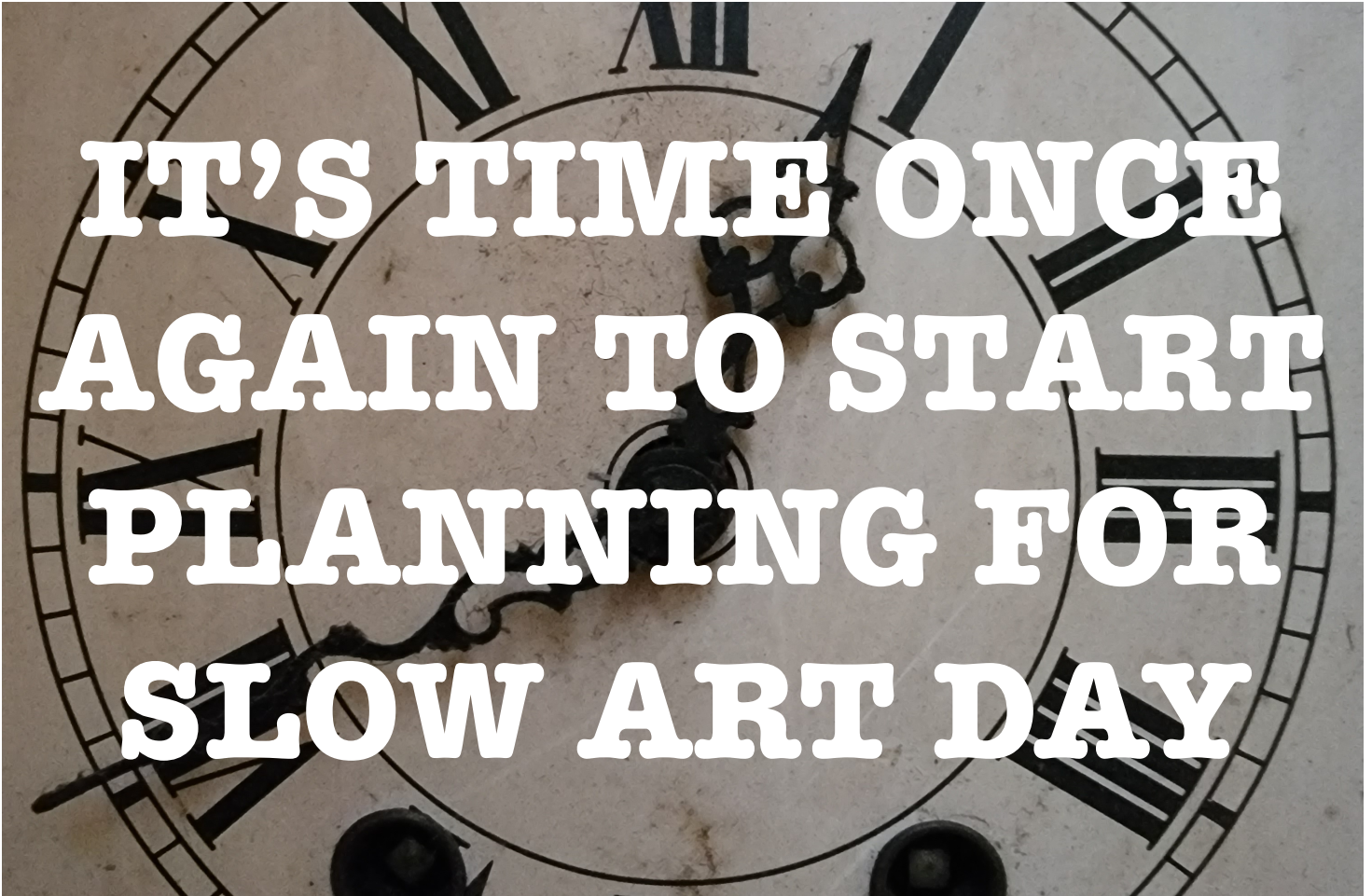
CONSIDER THIS:

1% of a dollar is the same whether you have
\$1 or \$1M.
A penny is a penny.

THERE ARE OTHER TAX STRUCTURES OUT THERE, SUCH AS FLAT TAX. THIS STATEMENT IS NOT AN ENDORSEMENT OF FLAT TAX. THIS STATEMENT IS CALLING ATTENTION TO CONVOLUTED AND UNFAIRLY APPLIED TAX STRUCTURES, PARTICULARLY IN THE STATE OF CALIFORNIA.

“Give to God what is God’s and to Cesar what is Cesar’s.”





Slow Art Day 2025 is
Saturday, April 5th

What is Slow Art Day?

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

1) Look at Art SLOWLY and quietly for 1 hour.

2) Talk about it together for an hour.

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

How Can I Participate in Slow Art Day 2025 organized by 1UV?

Choose 1UV 5 ways to participate in Slow Art Day:

- 1) As an exhibiting Artist
- 2) As a docent
- 3) As an Art exhibition Venue
- 4) As a food and/or beverage vendor
- 5) As a viewer (ticket fee applies)

You may be able to participate in more than one way. For example: perhaps you are a restaurant or beverage venue that already exhibits the Art of local artists. You register to participate and the Organizer will pair you with the appropriate partner(s). Restaurants will set the price of their menu/offering for the event. Exhibiting venue will receive \$10 per ticket sold. Individual Artists exhibiting will receive \$10 per each ticket sold. Docent, if not the exhibiting Artist, will receive \$5 per ticket sold. The organizer of the event (1UV Gallery Studio) receives \$10 per ticket sold for organizing and marketing. The viewer pays for the ticket to enjoy the experience. So, here are a couple hypothetical ticket situations for an event:

1) Sally Jean is a local artist. She gets partnered with Jim Bob's Burger Barn. Jim Bob hangs Sally's paintings to exhibit on Slow Art Day and offers a \$20 menu. Sally Jean acts as docent and facilitates the discussion portion of her ticket. The Organizer collects the registration and ticket fees and pairs Sally Jean with Jim Bob's, prints marketing materials and helps promote the event. The event happens at Jim Bob's Burger Barn. The total ticket cost for Sally Jean/Jim Bob's Slow Art Day Event is: \$50. Sally Jean receives \$10 per ticket sold. Jim Bob's receives \$30 per ticket sold (\$20 for menu and \$10 for being exhibiting venue). The Organizer receives \$10 per ticket sold. The viewer buys the ticket for \$50 and has a great experience! And who knows? Maybe Sally Jean sells a painting.

2) Gupta owns a gallery and exhibits the work of three artists. He partners

with Jerry's Wine Bar just a block away. Jerry's Wine Bar offers a \$25 tasting menu. Gupta hosts the exhibit/viewing portion of the event then acts as docent and facilitates the discussion portion of the event at Jerry's Wine Bar. The Organizer collects the registration and ticket fees and pairs Gupta with Jerry, prints marketing materials and helps promote the event. The event starts at Gupta's Gallery and finishes at Jerry's Wine Bar walking distance away from Guptas. The total ticket cost for Gupta/Jerry's Slow Art Day Event is: \$80. Gupta receives \$15 per ticket sold (\$10 for exhibiting and \$5 for acting as docent). Each exhibiting Artist receives \$10 per ticket sold. Jerry's receives \$25 per ticket sold. The Organizer receives \$10 per ticket sold. The viewer purchases the ticket for \$80 and has a great time. And who knows? Maybe Gupta sells some Artworks.

3) Vu is a property manager with a vacant store front. Vu registers to participate as an exhibition venue. Daniella is a sculptor and registers to participate as an artist but will be out of town on the day of the event so her sister, Gloria registers to participate as a docent. Gustavo has a food service business that doesn't have seating. He registers to participate as a food vendor. The Organizer collects the registration and ticket fees and pairs Vu,

Daniella, Gloria and Gustavo, prints marketing materials and helps promote the event. Gustavo makes finger food/snacks and agua frescas. He sets his menu price at \$30. The total cost of the ticket is \$55. Vu receives \$10 per ticket sold AND can advertise the availability of his vacant store front. Daniella receives \$10 per ticket sold. Gloria receives \$5 per ticket sold. Gustavo receives \$30 per ticket sold. The Organizer receives \$10 per ticket sold. The viewer pays \$55 and has a great time. And who knows? Maybe Daniella sells a sculpture.

4) Happytown High School Art Class registers to exhibit the work of three graduating Seniors. The school's Rotary Club registers to make ice cream Sundays and sets the menu at \$15. The Art Teacher acts as docent. The Organizer collects the registration and ticket fees for the group, prints marketing materials and helps promote the event. The total cost of the ticket is \$70. Happytown High School receives \$10 per ticket sold. Each Senior receives \$10 per ticket sold. The Rotary Club receives \$15 per ticket sold. The Art teacher receives \$5 per ticket sold. The Organizer receives \$10 per ticket sold. The viewer pays \$70 for the ticket and has a great time! And who knows?

Maybe the Seniors sell Artwork. ■





BECOME AN OFFICIAL 1UV PARTNER BUSINESS

Like-minded local businesses partnered to grow together

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

To learn about partnership benefits and terms visit:

www.1uvgallerystudio.com/about/becomeapartnerbusiness

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FEATURED SHORT FICTION

THE SHIFTING LIGHT | an original work of FICTION by Larissa

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

A POEM OF INTRODUCTION

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



CHAPTER 13: SPINNING

Are you kidding...

Emily really didn't know what to do now. After Alex's kiss she was flustered, excused herself and drove away before he could say or do anything else. As she drove she became increasingly angry. Who did he think he was anyway? And what was all that wishy washy crap about there must be something bigger than humanity but don't call it God? This guy had some nerve. Emily licked her bottom lip. She could still taste Alex on her lips. He had been wearing some kind of chapstick or something.

When she got home all she wanted to do was rush up the stairs and get in the shower. But she had to wait. There was a delivery truck delivering an obscene amount of roses to the the drug store. She wondered who on earth in the drug store was getting that many roses. Surely it wasn't Brook. She hadn't ever seen her bring anyone back to her place, certainly not a boy. Finally Emily unlocked the door and ran up the stairs to her efficiency.

Inside her tiny space she felt like the wall were falling in on her. She tossed her wrist and ankle weights on the love seat, used her toe to step out of her sneakers and tore the sweaty workout clothes from her body. In the shower the hot water

poured over Emily's head, neck and back. She was nearly hyperventilating. What was wrong with her. It's not like he groped her or anything. It was just a kiss. But for some reason she was feeling violated. He seemed to feel entitled to kiss her when she wasn't even sure if she wanted to see him again. It made her feel soiled and she didn't like it. As she was stepping out of the shower her cell phone was ringing. It was Alex. Still dripping she decided to answer it.

"What?" Emily said abruptly. Alex stammered.

"Ah, um, Emily, is that you?" He asked.

"Yeah. What do you want?" She asked coldly.

"I want to make love to you." Alex blurted. Emily was shocked. She didn't know what to say. They were both silent. Alex broke the silence clearing his throat. "Emily? Are you still there?" He asked sheepishly. He hadn't expected that to come out of his mouth either. Emily sighed.

"Yeah. I'm still here. Did you really just say that to me? Are you kidding?" She felt a mix of pity and irritation.

"Yes. I'm afraid I did. And it's true." Alex admitted shamefully. He hadn't been expecting her to answer the phone like that. "I'm sorry." He finished. Emily took a deep breath.

"Look, I need to get ready for work. I can't talk about this right now. I like you Alex, I really do..." Alex interrupted Emily now.

"You like me but..." he interjected.

"I like you but I'm not sure I can be with someone who doesn't have at least similar beliefs as me when it comes to God. It's not like I'm Catholic and you're Lutheran. I'm Catholic and you're nothing. You don't even like the word God." Emily said as quickly as she could. Alex was dumbstruck. Lana had been Episcopalian and it had never been an issue. She knew Alex didn't believe and it wasn't a problem for her. He didn't understand why Emily was making such a big deal. There was another moment of silence. "I just need to think about it a little is all. Can I call you later, when I get home from work?" Emily said.

"Yes. Please. Call me later." Alex was relieved. At least she wanted to talk to him.

"OK. I'll call you later when I get home and we can talk." Emily said.

"Talk to you later." Alex said as they hung up.

Emily was sick to her stomach. She wasn't going in to work. She dialed Belinda's cell phone immediately. It rang once.

"Hey what's up?" Belinda answered.

"I don't feel good. I can't come in today. Can you call my clients? I think I only have three today. Tell them I will call and reschedule with them in a couple days when I'm feeling better." Emily rattled.

"Yeah. I'll call them. Are you OK? What's wrong. Do you want me to take any of them if I have space in my schedule? Who do you have today?" Belinda inquired.

"I'm just sick to my stomach and I'm too distracted to be cutting anyone's hair today. I just have Irma Baker, Don Chapman, and Daniel Schaffer. Irma will want to reschedule with me the other two will probably let you do them if you have an opening." Emily said.

"OK. What do want me to tell them. They're gonna ask what's wrong." Belinda insisted.

"Just tell them I have food poisoning and I'll be alright." Emily said quickly.

"Do you have food poisoning?" Belinda asked.

"No. I don't. I just can't be there today. I never call in. Just let me have a little space. I need some space today. OK?" Emily felt like she was going to vomit and wanted to get off the phone.

"OK. I'll call to check on you later." Belinda said with a pout in her voice.

"OK. Whatever. I'll be fine. I just can't do it today. See you tomorrow." Emily hung up before Belinda could ask

any more questions and flopped back on her bed, hair still dripping, and closed her eyes. The room felt like it was spinning.

Evan had a spring in his step as he left the sandwich shop. There was a bench not too far from the drug store where he could sit and enjoy his burrito while he waited to see the flowers be delivered. At the sandwich shop there was a line but it went quickly. After feeling kind of down earlier the morning was starting to look up. He ordered a burrito and a coffee and tipped the guy a five dollar bill.

Out on the street the light was dancing on the sidewalk. Morning strollers were out and about. He sat at the bench and put on his sunglasses before he opened his burrito. There was a young woman walking five small dogs. He watched as one of the dogs pooped still in stride with the others leaving turds along the sidewalk. She didn't pick them up and he fantasized about Pete stepping in one. The thought made him laugh to himself. Fuck Pete. It's not like any of his real friends went there. Anyone he knew there he only knew from going there. He only went to Pete's because it was walking distance. Most of his buddies went to End Zone, a sports pub a mile or so outside of downtown. He could try going there for a while. At least he knew he'd be in the company of friends. Heck, maybe Jenny would want to go. Maybe she'd want to drive his Mercedes. He wondered what Jenny drove. He didn't see what car she got in the other day at Denny's. He laughed thinking any car Jenny would drive would be a clown car, even his Mercedes.

Finally Evan saw a white van pull up in the loading zone in front of the drug store. The driver parked and got out opening the back doors. He had one of the boxes of long stem roses in his arms. His instructions were to take the roses out of the box and arrange them around Jenny in their vases then bring in the bouquet of balloons. Each of the balloons were supposed to be clear with a red heart balloon and glitter in the center of them. He watched the delivery guy going in and out five times before going in one last time with the enormous bunch of balloons. There was supposed to be a card too. The card read: I can't wait to see you again. -Evan. When the third box was going in he saw Emily come stomping from around the corner and was smugly pleased. Those roses could have been for her

but they weren't and they never would be. The only thing that could have made it better was if he could have somehow telepathically imparted to her that those roses were from him for Jenny and not her. He bet Alex hadn't thought to send Emily flowers. He watched Emily go in the door next to the drugstore. She must live in one of those little places up there. He remembered when the building was renovated and those were put in. It used to be one shop-keepers apartment up there. They put those little places in the summer before he went away for college. Well, if he saw Alex now he could make some snide comment about Emily living in a shoebox while his Jenny lived in a proper little cottage. As the driver pulled away Evan took the last bite of his burrito and washed it down with some coffee. Then he got up and headed across the street to the drug store pleased with himself.

As Evan walked in the roses were all over the place and the balloons were next to a register and there was Jenny just looking around in disbelief. He approached her register smiling.

"Wow. Someone must think you're pretty special." He said to her before she had a chance to see him. She looked up startled.

"Evan! You're ridiculous. How am I supposed to get all of these home. It's a good thing Doug isn't here today. He'd be annoyed beyond belief." Doug was the store owner and Brook's uncle. Doug also owned the building. Evan laughed.

"Well, it's a good thing he isn't here then. So...are you surprised?" He asked a little disappointed at her response. Jenny laughed.

"Surprised isn't the right word! You're just too much." She said still laughing.

"I was wondering if you were busy tonight." Evan inquired coyly. Jenny was still looking around at the flowers and the balloons. The card was in her hand. She looked at Evan.

"No. I'm not. Why?" She asked hesitantly.

"Because I have reservations at Elvin's for dinner at seven. Is that too early?" He asked even more pleased

with himself. He hadn't made the reservations yet, but he knew they'd have room for him on a Thursday. Jenny's mouth fell open.

"Elvin's? Are you kidding? I don't have anything to wear." Jenny looked worried.

"Not to worry. I'll have my tailor come by in a little bit to take your measurements and he will find you something perfect." Evan said. Jenny looked confused. She had no idea people actually acted like this. She knew Evan's family had some money but this was outrageous to her.

"I don't know Evan. I mean, I don't feel, I mean, no one's ever, I mean, how'd you get a table at Elvin's on such short notice?" Jenny was nearly speechless. Evan was almost giddy.

"Well, that's the way it is when you're with Evan Thomas. Nothing but the best for you. What time is your lunch break? I'll tell Nabil to stop by then to get your measurements then I will bring the dress, or maybe two, just in case one doesn't work, myself when you get off work. What time to do you get off today?" Evan liked being in control. Jenny had never dated a man like this before. She wasn't sure how she felt but Elvin's was supposed to be amazing. She had heard a couple of women discussing the place at one of the corporate gigs she did the month before. One woman had been before and the other was going that night. The one who had been was going on and on about the food and what she had worn and what other women were wearing. Jenny was a little intimidated.

"Well, OK, but don't go spending too much money on a dress for me. I usually just shop at TJMaxx." She blushed. Evan burst out in laughter.

"Don't you worry about the money. It's none of your business. You only need to worry about being your own lovely self and putting up with me." Evan took her hands in his and kissed her knuckles. Jenny blushed again. She'd have to let him get her a dress. She most certainly didn't have anything appropriate for such a date in her closet. The most expensive things she owned were her collection of clown dresses.

"OK. Well, my lunch is at one and I get off at four thirty today and you need to help me get these flowers home." Evan smiled again when she said this.

"How about this...if you're comfortable I mean...tell me your address and give me your key and I'll come back with my car and take the flowers and balloons to your house myself?" Evan waited for Jenny's response. She thought about it for a couple moments before hesitantly agreeing.

"OK. I guess that's OK." She finally said.

"I promise I won't steal anything or go through your stuff." Evan said hands in front of him in defense. Jenny laughed.

"That's not what I mean. I was just thinking if my place was neat and clean or if I had a mess there. It's pretty clean right now. You could even use the bathroom if you wanted. You can put them all on my dining room table and I will put them where I want later." Jenny produced a key from a rope that was around her neck under her T-shirt and handed it to Evan. "My address is 478B Dorsett Street. Enter the driveway for 478 on the street and follow it around to the back. I'm the granny unit in the back. You'll see my parking spot. You can park there." She finished saying. Evan's eyes got huge.

"We're neighbors. I'm 432 Garret Street. My backyard bumps up to the houses on Dorsett. We're literally neighbors. I think I could probably see your house if I stood on a bucket and looked over my fence. I can't believe we've only just met." Evan's mind was spinning at the revelation. He knew exactly the house where she lived.

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. Read the final chapter in the February 2025 issue of 1UV MONTHLY.

Did you enjoy Chapter 13 of *The Shifting Light* but missed out on one or more previous chapters? Not to worry. You can catch up in digital editions of previous issues of 1UV MONTHLY online at 1uvgallerystudio.com/1UVMONTHLY.

CREATIVE SERVICES WITH LARISSA

All services offered on site at 1UV by private appointment Sunday through Wednesday subject to availability. Call 831-226-2586 or email larissa@luvgallerystudio.com to request to schedule.

Payment in full required to reserve appointments.

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

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

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



PRIVATE CREATIVE CRITIQUE - schedule a Private Creative Critique from Larissa on 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.



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.



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Date/Time/Location:

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About the event:

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

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

\$350 per registrant

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

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

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

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

REIKI SESSIONS are \$150.

Minors may be treated with a parent present.

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

WHAT IS REIKI?

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

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

Larissa is a certified Reiki Master/Teacher. She offers private Reiki treatments for both humans and pets. Animals are drawn to Larissa because they can feel the presence of Reiki. See pages 40 to learn more about scheduling a private Reiki appointment.

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

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

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

**I SUPPORT
SLOW ART &
CULTURE.**

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

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ENSURING THOSE WHO
VISIT, LIVE, WORK AND/OR
PLAY IN SANTA CRUZ
HAVE A 1UV A KIND ART &
CULTURAL EXPERIENCE
BY HELPING TO KEEP 1UV
MONTHLY IN PRINT AND
THE DOORS OF 1UV
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TO THE PUBLIC.**

LEVELS OF P/MATRONAGE & BENEFITS:

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

1UV A Kind Online Visitor - \$40 a year
Benefits: access to all 1UV website content (except Bookclub).

1UV a Kind Art Family - \$600 a year
Benefits: access to all 1UV website content (except Bookclub), invitation to the annual P/Matrons ONLY party, listing as a M/Patron in 1UV MONTHLY, special advertising rates in 1UV MONTHLY, a copy of the upcoming annual 1UV Calendar, and two Event Pass Cards

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

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

Art History, Tradition, & Culture

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

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

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

Services and enrichments I add to the community where I pay to have my business include: various intellectual social events for less than the cost of going to the movies, ReiKi services, creative and spiritual

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

1UV is not a non-profit, so Patronage/Matronage is not tax deductible. Non-profit status requires an elected board. 1UV is a one woman owned sole proprietorship. I am Larissa. I am that woman. 1UV is a California small business. We are an endangered species in California. See pg. 45 for information on the 1UV business model. 1UV embraces Slow Philosophy. See pg. 47 for information on the Slow Philosophy. There are a lot of reasons to become a 1UV a kind Patron/Matron. I offer you this 1UV a kind invitation to support my efforts and build Culture in your community.



PICTURE YOUR ADVERTISEMENT HERE!

Size A - full page

Advertise your business, event, milestone, or other announcement in the 1UV MONTHLY. 1UV MONTHLY is a **FREE, NEW**, old-fashioned (aka SLOW) print independent Art & Culture publication – written, edited by 1UV in Santa Cruz, distributed globally, 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

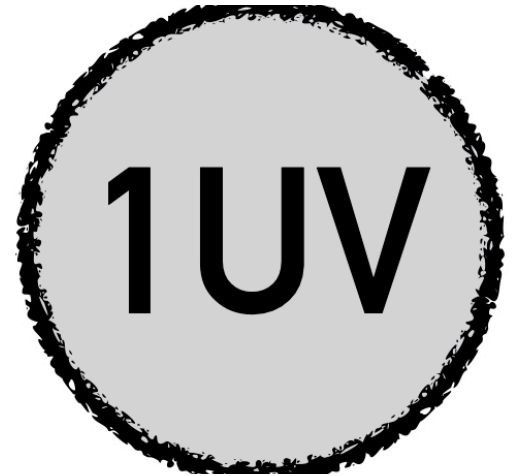
Dec. Issue - Oct. 1

To submit an advertising request visit 1uvgallerystudio.com/1uvmonthly . Ads for real estate listings are not accepted. Real estate services are OK. 1UV will design the ad for you. A copy of the ad will be provided to you for approval before the issue goes to print. You just provide a photo, text, and payment and let us know what size you want. Enjoy a 1UV a kind advertising experience. Payment accepted via credit card.

SUBMISSIONS FOR POETRY, LETTER TO THE EDITOR, SHORT FICTION, CARTOONS & GUEST ARTICLES FOLLOW THE SAME SUBMISSION SCHEDULE AS ADVERTISEMENT. IT IS FREE TO SUBMIT YOUR (ORIGINAL) WORK. PLAGIARISM WILL BE REDACTED. PUBLICATION IS AT THE PREROGATIVE OF 1UV. IF YOUR SUBMISSION IS ACCEPTED YOU WILL BE NOTIFIED. TO SUBMIT VISIT: 1uvgallerystudio.com/1uvmonthly

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

Read all this? Interested?

To apply visit 1uvgallerystudio.com/becomeamembergallery

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

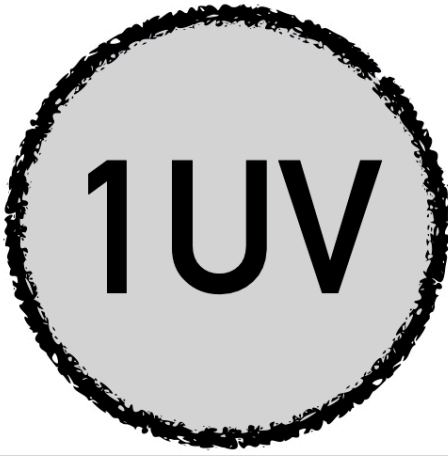
Participate in *Let's Go Swapping*, a 1UV a kind interactive Art installation.

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

Shopping is still fun and "new" items are still needed. Visit 1UV during regular business hours and consider the implications of textile consumption in a fun and creative way. Interact with the *Let's Go Swapping* Art installation. Bring (up to) 5 items of clothing from you or your loved one(s) wardrobe that are clean and still in great shape to swap out with items in the installation. The items you bring must be clean and in new to excellent (used) condition. You must leave a piece to take a piece and to take a piece you must leave a piece. Find new treasure for yourself or your loved one(s), lower your carbon foot print and save some money while considering the impact of fast fashion and consumption practices across the globe.

**Items for sale at 1UV ARE NOT part of the installation.
Changing Room available.**

Visiting Guidelines & Policies apply. (See pg. 47)



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.

1UV PARTNER BUSINESSES

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

Partner Businesses:

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

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

1UV P/MATRONS:

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

1uvgallerystudio.com

1UV VISITING GUIDELINES & POLICIES

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



JANUARY & FEBRUARY EVENTS @ 1UV GALLERY STUDIO

1UV VISITING GUIDELINES & POLICIES APPLY. SEE PAGE 43 FOR GUIDELINES & POLICIES.
MORE INFO AT 1UVGALLERYSTUDIO.COM/EVENTS

Thursday, January 23

1UV CLOSED to the public for Larissa's Birthday.

**January 23 5PM to 7PM
HOLIDAY DETOX (DROP-IN)**

\$20 at the door or 1 event pass star (see pg. 9) per attendee. Transmute your winter holiday trauma and let it go. Did something happen this past winter holiday that you are still stewing over? Share it in an anonymous way with others then release it in a creative and symbolic way. Pizza, birthday cupcakes and pop served. 21 & over. Limited space. First come first serve. Doors open at 4:45 and close at 5. Those attending are invited to join Larissa for drinks at a local establishment after.

**February 13 through 15
VALENTINE'S SALE**

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

**February 16 noon to 2PM
REIKI DROP-IN**

\$20 at the door or 1 event pass star (see pg. 9) per attendee. Experience Reiki in a group setting. 10-15 minutes of personal treatment per attendee. 18 & over. 16 & over with participating parent. Limited space. Bottled water available. First come first serve. Doors open at 11:45.

1uvgallerystudio.com

