

HAIGHT STREET VOICE



YEAR 5 #16

“HYPER-LOCAL WITH A GLOBAL PERSPECTIVE”

SUMMER 2023

DONATE!

Between the Dark & Light...

Comes a time when the blind man takes your hand, says “Don’t you see?”

Gotta make it somehow on the dreams you still believe

Don’t give it up, you got an empty cup that only love can fill, only love can fill

Been walking all morning, went walking all night

I can’t see much difference between the dark and light

And I feel the wind, and I taste the rain

Never in my mind to cause so much pain

-- Comes a Time, (Garcia, Hunter)
Grateful Dead

Home. Isn’t that where the heart is supposed to be? Well, my heart has left the building. Had to put the love of my life, my sweet Cali, my beautiful 20 year old cat “up” just a few days back and my heart and home are asunder.

Time heals all wounds, right? All you have to do is close one door and open another -- but it sure is hell in the hallway. Seems I’m



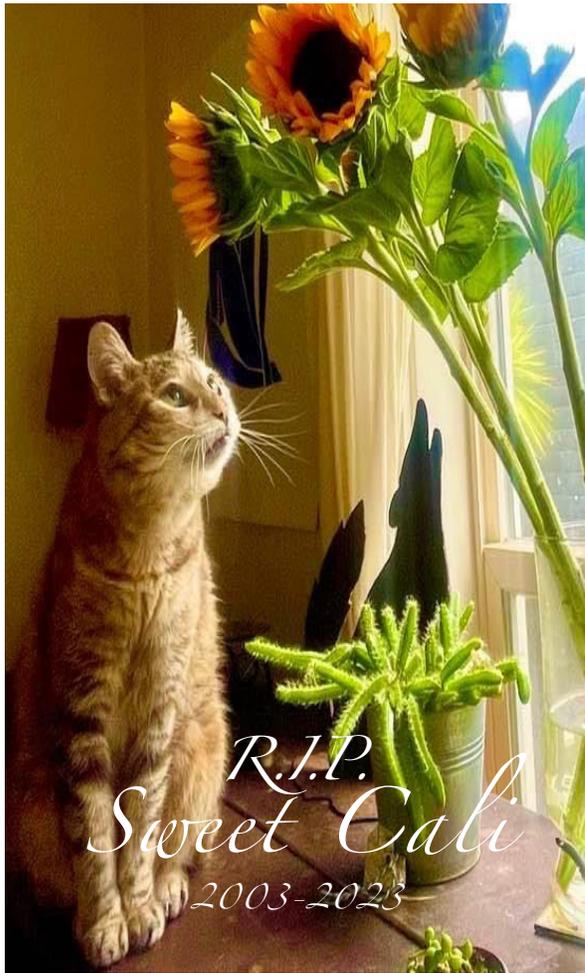
stuck in the hallway, or at least I was. But after a bit of time and a bazillion tears, there was a light peeking under the door, a light reminding me to remember where I live, where I’ve lived for nearly 40 years now, where I’ve been coming to since I was a weary 19-year-old whose mother split the planet. Who lived at 612 Ashbury in 1982 just after mom flew on. The Haight Ashbury helped heal my soul, gave me the space to retrieve my heart, to dive into school and journalism, to take my mind off the harsh realities I was facing.

Today, as I walk around the neighborhood, there’s a familiar healing in the air. I can sense my sweet Cali flying around, free as a bird, and my heart shines a bit brighter. The Haight Ashbury is my home, and my heart is indeed here. And I am ever grateful.

Herb Greene, deep gratitude to you for this photo, for capturing this magical moment in time with the Grateful Dead under the sign that waves the freak flag of freedom -- be it blissful, sad, crazy, messed up, always beautiful. I am where I belong. I am HOME.

♥ Grateful Dead, 1967, Haight Ashbury, SF. Photo: Herb Greene ♥





CONTRIBUTORS OF CREATIVITY

Cover Image **Herb Greene**
<https://www.herbgreenefoto.com/>

Columnist / Editor **Cynthia Johnston**
www.mywayisthehighway.com

Columnist **Michael Sollazzo**
www.michaelsollazzo.com

Columnist **Kenna Lindsay**
[@kennamlindsayart](https://www.instagram.com/kennamlindsayart)

Guest Writer **Chaos**



Cali-in-Chief

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Haight Street Voice
1388 Haight Street #120, SF 94117
haightstreetvoice@gmail.com
www.haightstreetvoice.com

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LETTER FROM THE EDITOR



This edition of *Haight Street Voice* is straight from my heart, plain and simple. I dove into my grief and it is woven into the pages herein. The deeper I dove, my sadness started to lose its grip. I started to feel a little less helpless and alone.

I started this magazine to give a voice to the community, to anyone having a hard time or a good time or a whatever time. So for this Summer 2023 edition, I share my voice. This is a space to share our stories, our wisdom, our confusions, our creativity, our pains, our joys. To connect.

And in today's often chaotic yet beautiful world, a feeling of connection is possibly more important than ever before. It is my hope that *Haight Street Voice* can help somehow, to alleviate our pain and celebrate our bliss. This is a magical community. Much love and gratitude to you all.

Love & Light,

Linda Kelly, Editor-in-Chief



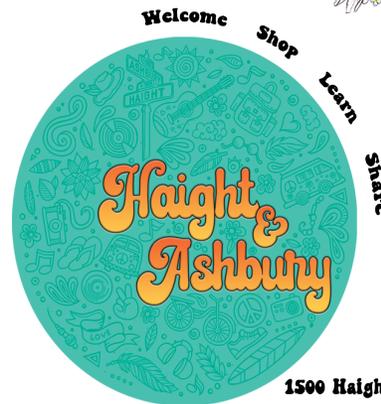
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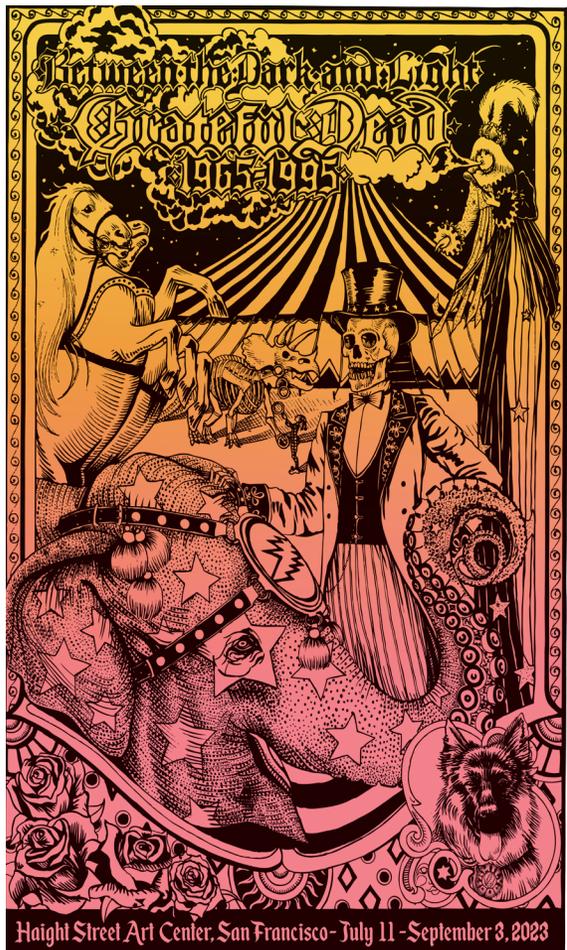
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10% of every sale at Welcome, Haight & Ashbury supports the mission of SF Heritage to preserve and enhance San Francisco's unique architectural and cultural identity.





Artwork by CAILLIN MATTISSON - TM and © 2023 GDP

GRATEFUL DEAD PHOTO EXHIBIT: HAIGHT STREET ART CENTER

Rock photographer Jay Blakesberg gives us a glimpse into the Haight Street Art Center's "Between the Dark & Light" running July 11 through September 8.

HSV: Having the show in the Haight like this, what does this particular show mean to you?

JB: I grew up in suburban New Jersey in the 1970s, and SF was this fantasy land. We read about it in the Electric Kool-Aid Acid Test, Jack and Neal were coming to SF, we read about it in *Relix* and *Rolling Stone*. SF was this mythological place. When we were 15 we were thinking, how do we get to where the Grateful Dead and Jefferson Airplane and the Haight Ashbury and Bill Graham and all of this stuff. So for me to go from being that kid 45 years ago to curating this exhibit for the Haight Street Art Center is a phenomenal achievement and something I'm very proud of. Also very proud to be affiliated with the HSAC. I brought up the idea to Kelly Harris, executive director of the HSAC, I said, "In July, the Dead are playing their final three shows ever..."

Actually, that's not true. They're going to do three nights in SF as what they're billing as the final tour. I just wanted to clarify they're not their final shows ever. So I suggested to Kelly that we do a big historical Grateful Dead exhibit. I have a business with my daughter called Retro Photo Archives. We own an archive from Elizabeth

Sunflower who was a SF photographer. I found in her archives a roll of film she shot after the Grateful Dead got busted at 710 Ashbury and were brought down to City Hall to the booking jail. There are pictures of Bob Weir with his hands cuffed behind his back behind bars. These photographs have never been seen by anybody! They've been in storage since Beth took them in 1967. There are almost 100 photos in the exhibit taken by people like

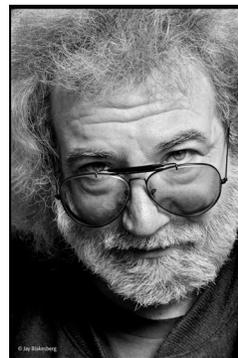
Bob Minkin, Susana Millman, Baron Wolman, and others.

The photographs start at the beginning. We have a Herb Greene photo of them as the Warlocks, a portrait that was taken I believe on the back steps or the side steps of the small apartment that was at 710 Ashbury. The early days, free concerts in the park, Europe '72, Dead go to Egypt, Radio City Music Hall, Bay Area venues, the Greek and the Frost because those were important venues for them. We have a wall that's dedicated to New Year shows, a couple of walls dedicated to 1973, 1974, 1975.

HSV: How have the Dead lifted you out of the darkness and into the light?

JB: The Grateful Dead are one of the most important things that happened to me. I'm happy I tapped into that cultural psychedelic zeitgeist at a young age.

Follow the QR code for more about "Between the Dark & Light" at HSAC.



Jerry Garcia, San Rafael, January 31, 1991
© Jay Blakesberg/Retro Photo Archive

love



COLORS OF LOVE: HEALING THRU CREATIVITY

HSV: This is Colors of Love and you guys are going to show us what's going on!

Ravan: Let's go back here where the magic happens. Colors of Love Foundation is a community educational program. We're here to teach the local Haight-Ashbury area about the history

and art of tie-dye. We have workshops around the City. We're here to bring that color back to the City, because a lot of it started here.

Colors of Love will be open to the public, but right now I'm training the girls here. We have a prisoner re-entry program. They are training



From left: DaMiela, Dominique, Ravan

to be able to help with the workshops. They're here to have a creative outlet instead of a mundane job. They can come here, learn how to tie-dye, blow off some steam, and have a good, enjoyable day.

HSV: [to both girls] What's it been like for you?

Dominique: I started in November, 2022. I immediately I liked it 'cuz I love color. They reached out and asked if I could come. I was excited! I came. I enjoyed it!

DaMiela: We went to a job fair, and I saw Ravan and Sunny. They had glitter and it was so exciting! We were invited to the shop to do some tie-dye. That was cool! We got invited back and now I never wanna leave!

R: They're so good at what they do. Initially the program was supposed to last about 6 months and we were going to cycle in girls, and we do plan on bringing in new trainees soon, but these two are keepers!

HSV: What would you all like to say to Haight-Ashbury?

Da: We all share one sky. No matter what, love where you're from. I love my community.

R: It's a beautiful thing to be able to celebrate life with color and be able to share something that I love so much with these girls and teach them how to become the amazing artists they're turning into. I want to bring that to the entire Haight Ashbury.

D: Peace, Love, and Happiness to everyone!

Follow the QR code to learn more about Ravan and Colors of Love.



Mark Dean Veca
Stealie Sparkle Foil Variant, 2023
(hand-painted multiple)

PSYCHEDELIC SF GALLERY
1399 Haight Street @ Masonic
San Francisco, CA



SIDECAR RIDE THERAPY! JEROME BRINGS JOY

Jerome, owner of Rides by Me: Classic Sidecar Tours, took me for a spin around the neighborhood and beyond. An absolute joy ride. This is a must-do, folks. Healing on wheels.

Jerome: I'm not from Paris so when I go to Paris, I'm a tourist. While walking in Montmartre, I saw some sidecars passing by and I said, "Oh, this is so cool!"

One night online I was checking out what's going on with sidecars in San Francisco and I realized nobody does this. I thought, "Wow, this is crazy!" SF is such a beautiful city with all these different neighborhoods, European style. You have all the history, from the Asian history to the Latino history to the Italian history, and of course the beautiful Haight Ashbury. I realized this is the perfect place to put a sidecar. So, I got one cycle and started to launch my business offering tours to people who wanted to discover San Francisco – the best way to see the City.

I founded the business in 2019. During the pandemic when people didn't want to go out, they realized that my tours are outdoors, with the wind and everything. We started to get a lot of local people. They couldn't believe how much fun it is to discover their own city. You can live in a city but it doesn't mean you're going to be in every neighborhood. It's like discovering something new.

HSV: It's a wonderful thing you're doing.

J: I want to make sure people see the beauty of SF in a good and fun way. We get a lot of tourists from all over the world who come to SF for the first time, and they want to see the whole beauty and history of the City. You have the Big Bus Tours, and that's fine



but it's not personal. You go in, you get headphones, you sit down, you choose your language, you listen. You let the driver drive you. You have no conversation, you have nothing unique. I drive, I talk about a house, I talk about the park, we stop, we take photos, we go down alleys in the Mis-

sion, we go down alleys in Chinatown, we go places where the bus is not able to go. We cross the Golden Gate Bridge. Imagine being in the middle of the GG Bridge on a cycle with the wind and the bridge and the blue sky? Oh my god, it's the best!

HSV: So, it's good for YOU!

J: It is. It's good for *everybody*.

HSV: What would you like to say to the Haight Ashbury community and to communities all over the world?

J: Come to San Francisco. Come to the Haight Ashbury. Support all the little businesses. We'll show you what SF is, how good and fun and beautiful it is.

Wanna go for a ride? Follow the QR code and watch the video of my ride around the neighborhood with Jerome!



DR. DAVE: HEALING A BROKEN HEART

A few days after Cali's passing, I went to talk about grief with Dr. Dave (founder of Haight Ashbury Free Clinic in 1967 and Haight Ashbury Psychedelic Center 2021). His colleague, Keith Loring, MD, board certified in emergency medicine and addiction medicine, was there as well with kind words of wisdom.

Dr. Dave: Trauma is an insult to the brain. An explosion of a bomb, the loss of a loved one. If you thought about the trauma all the time, you couldn't function. So the natural function of the brain is to bury it into the subcortical, or subconscious. That's the grieving process. Grieving is a process to help resolve trauma and get the trauma memories back out of the different parts of the brain so it doesn't produce the prolonged grief response which is the most disabling, where you have grief but you can't process it and you're depressed for a long period of time. Let the grief out. Experience the grief. Cry. Don't try to bury it. Share it with trusted friends.

HSV: Grief's just part of the damn deal.

DD: Yes, but out of grief comes insights and awareness. Psychedelic therapy is utilized for trauma because it opens up that area of the brain. That's kind of what a bad trip is, suddenly all this stuff comes out. Memories of your mother dying, your cat dying, all that stuff comes up. We use psychedelics as medicine to deal with trauma and grief and PTSD. You're probing into the deepest regions



of your brain and coming out with insights for living.

HSV: It's a freaking weird time in the world, a lot of people are in pain. It's okay to grieve and really let it be there. So thank you Dr. Dave for letting me come to your house and cry my eyes out. [laughter] It about coming back to the heart. That's really all it is. You have to go through the deepest part of your heart to get to whatever's coming next. But it's so easy to get stuck in the grief area.

Keith Loring: You're navigating new territory.

DD: And it's really tough to do. That's what the process is.

KL: I think we were born fully authentic. We're all meant to be in bliss and happy. Grief is part of bliss. We lose things and we grieve it and we continue on. But in this world we live in, we're not able to do that, we're not allowed to do that. So we take that to mean that's just how the world is. We disconnect from our authentic self. The work once we become adult is either we can continue to be miserable and disconnected or we can do the work to reconnect, to become fully authentic, and to live through our essence rather than live through our wounded parts. But we live through our wounded parts and we can continue to live through our wounded parts for the rest of our lives or we heal the wounds. Curiosity really is what drives us. An essential healing quality is to be curious, truly. Curiosity is joy in the truth.

Follow the QR code to read the full transcript of this healing conversation with Dr. Dave and Keith.



HAIGHT ASHBURY PSYCHEDELIC CENTER PRESENTS:

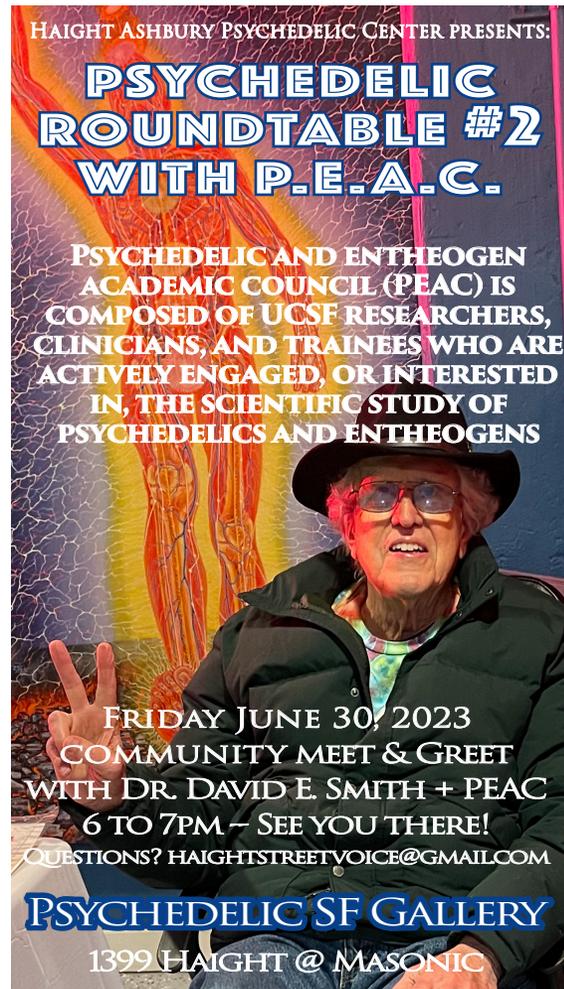
PSYCHEDELIC ROUNDTABLE #2 WITH P.E.A.C.

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Sylvester

The Mighty Real

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Marvin K. White
Direction by
Michael French
Installation by
Sharon Virtue

More Info at
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An immersive
art installation
& walking tour
celebrating
SF's own
Disco Diva!

WE ALL GOTTA EAT! SCRUMPTIOUS LOCAL SPOTS

by Kenna M. Lindsay

BREAKFAST & COFFEE

Flywheel Coffee Roasters - The coffee is roasted in-house. Love the beautiful view of the park and there is always cool art on the walls. Don't miss the cute patio! 672 *Stanyan St.*

Cafe On Cole - A great walk-up spot with a few tables outside. I love to start my day with a smoothie and a bagel from Cafe on Cole! 609 *Cole St.*

Coffee To The People - An awesome place to grab a coffee or pastry and sit to journal or work for a little bit. Cozy couches for catching up with friends. Yummy food and friendly staff! 1206 *Masonic St.*

BRUNCH

Brioche Bakery - Has such a cute backyard patio, fabulous brunch menu. One word: Mimosas! 1640 *Haight St.*

Pork Store Cafe - A delicious classic diner experience. Eggs, hash browns, all the good stuff! 1451 *Haight St.*

1428 HAIGHT PATIO Café & Creperie - Adorable patio and delicious breakfast crepes. Trust me: you need the stuffed french toast in your life. 1428 *Haight St.*

LUNCH

Mi Familia Taqueria - Best place to get a burrito in the Haight since 1986. Very filling! 1797 *Haight St.*
Abu Salim - Get the loaded shawarma fries and the cheese-filled falafel. Absolutely delicious! 1599 *Haight St.*

Hippie Thai - A classic on Haight Street! This is a great place for vegetarian options, and the curry is so good. 1418 *Haight St.*



DINNER

Magnolia Brewery and Pub - Fun atmosphere and appetizing food alongside local beer pairings. I love the burger! 1398 *Haight St.*

Alembic - A delicious date night choice. Tasty scotch eggs and incredible cocktails. 1725 *Haight St.*

Cha Cha Cha! - Classic San Francisco tapas spot. Try the fried plantains and a pitcher of sangria! 1801 *Haight St.*

What's your favorite spot to grab a bite on Haight Street? Let me know on instagram and facebook at @HaightAshburyLife and #HaightAshburyLife!

Dig this! There are tons of cool places to eat & drink in the 'hood! Follow the QR code to check out more ➡ love ➡



STREET PERSON SPOTLIGHT: CHAOS

The music is the sky, the familiar faces are a vibe. There's a feeling nothing can go wrong tonight. Standing in a crowded empty lot with my finger in the air, feeling every drop of wind in my hair. Vicious lovin' bear. Wanna move and groove?

I'm having a hard time putting into words the grand moments of LOVE, realizing how powerful this natural component is. I passionately smile, not just with my mouth but with my soul and eyes at every and any moment. This is the message. Doesn't have to be at a Dead show or on Haight. Easily expressed with other like-minded folks. When unlimited compassion is given, what goes around comes around. If you project a positive cycle of love consistently, theoretically it should keep giving and going around for infinity.

You can fall in love looking at this feeling. Love is anything that makes you smile, see, feel, taste. Love can be waiting in the mountains in the morning dew, withholding giants. Love can be gathering tales of the sea waiting for you. If everyone experiences healthy continuous love we could save so many. Imagine we could possibly



save the world from war. Loving one another on this planet earth at the exact same moment is what I believe world peace would be like. How do we keep this eye open for the rest of us to see? We search for these answers in the night skies, the blue waters, luscious nature. Gotta feel it to believe in it. Easily found in

anything and everything, people and animals, but quickly forgotten. It's instincts that with a heart n mind one expresses this grand emotion. You know it's real when you can see it with your eyes closed. An endless feeling that blissful grammar

or literature cannot put into text. We can paint the picture on how gorgeous it can be. Some folks search their whole lives hoping, waiting, wishing. There's a theory I heard once that people are so stuck on the idea of finding love that they don't see it or appreciate it when it's right in front of their face. We seek what we've had all along: Love.

-- Chaos

PS: When I was writing this I found myself damn near quoting the Beatles and the Grateful Dead. Was surprised at first but then I wasn't because that was the message the whole time.



All Saints' Episcopal Church



Blessing the
Haight since 1903

HAIGHT ASHBURY STREET FAIR 2023

Sunday, September 17
11-6pm

PHOTO: DEATH ANGEL

HAIGHT ASHBURY STREET FAIR

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Haight-Ashbury Holistic Astrology

by
Michael Sollazzo



Since many of us don't always neatly fit into boxes, preferring to let our freak flags fly, I'm sharing both traditional sun-sign and cusp-sign horoscopes. If you're born towards the beginning or end of a sign, consider reading the cusp horoscope as well as your sun-sign. Traditional horoscopes can be found below, and please visit my website to read the cusp-sign versions.

Aries: This may be a good time to address some long-standing inner wound, and it's okay to ask for help. We get by with a little help from our friends.

Taurus: You may not enjoy when things get shaken up, but now may be a groovy time to go with the flow and expand your horizons a bit.

Gemini: This may be one of those seasons when thinking before acting behooves you. Meditation chills the mind, makes ya see a little clearer. Just sayin'.

Cancer: With the energy available to you, find yourself a healthy adventure and enjoy the ride!

Leo: Summer is your time, just remember to keep on keepin' on with those longer-term projects while you're celebrating the now.

Virgo: Give yourself permission to celebrate your successes, even if others seem to be struggling.

We've all been to both places and therein lies the beauty of life.

Libra: This may be a time to reflect on your health journey. You likely have the energy to make some cool new paths to travel upon.

Scorpio: Reflect on the new experiences you've had recently, let the dust settle a bit, and you'll likely see the magical messages they're showing you.

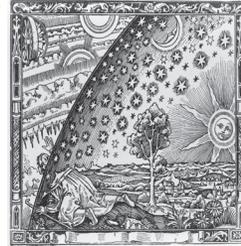
Sagittarius: If your mind or body feel a bit sluggish, try validating what is working and lean into that. It's alright to chill.

Capricorn: If you reflect upon your longer-term health goals, what new grooves can you discover in the present moment to nourish your vitality?

Aquarius: Maybe things aren't flowing the way you'd like right now, but that will change, everything does. Take the time to recharge and get yourself rockin' for what's ahead.

Pisces: If your past actions and thoughts left you sitting with the present you are experiencing, figure out how you'd like to move forward and get on down the road the road!

If you would like to schedule an astrology reading or spiritual counseling, please email me at hello@michaelsollazzo.com or visit www.michaelsollazzo.com



SPORTS DESK

by
Cynthia Johnston



As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being.

-- Carl Jung

It's not always easy. It's not always fun and games. Pain. Loss. Grief. Depression. Sometimes darkness descends like a soggy wool blanket and try as we might, we can't see the light. When depression feels like a permanent condition, getting out of the hole seems an impossible climb.

There's a story about a pilot whose plane went into a tailspin. Nobody had ever come out of a tailspin before. Instead of trying to slow the plane down as all the others had done before him, this pilot thought, What the hell, why wait? So, he floored it. And the plane miraculously came out of the tailspin. With that story in mind, I decided to dive deeper into the darkness to find my way out. I googled Carl Jung and clicked on the Shadow.

Seek and ye shall find, as the good book says. What I found is that shadow work often boils down to radical self-acceptance. Talk about a rabbit hole.

As soon as I managed to accept myself as the absolute worst person in the world, an utterly ego-deflating possibility reared its head: what if I'm just an everyday asshole? Well, folks, I accepted that, too. Next thing I knew, I was laughing and making friends with my bad self.

*There is a road, no simple highway
Between the dawn and the dark of night
And if you go, no one may follow
That path is for your steps alone.*

~ "Ripple," Grateful Dead

When we accept the Shadow, we get shown the light. Jung might call it Synchronicity: I must have said it a hundred times – I feel like I've lost my connection to Spirit. And there on the screen came the words, "... we need to reconnect with the great mystery."

The ultimate personal journey.

Check out Cynthia's badass website:
www.mywayisthehighway.com



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