

# HAIGHT STREET VOICE



YEAR 4 #13

“HYPER-LOCAL WITH A GLOBAL PERSPECTIVE”

FALL 2022

DONATE!

## S E A S O N O F T H E W I T C H

*“When I look out my window  
Many sights to see  
And when I look in my window  
So many different people to be  
That it’s strange, sure is strange  
You’ve got to pick up every stitch  
Oh no, must be the season of the witch”*

-- Donovan

“In mythology, Diana was often considered an aspect of a triple goddess: Diana as huntress, Diana as the moon, Diana of the underworld. A branch of neo-paganism known as Dianic Wicca is named for her, characterized by an exclusive focus on the feminine aspect of the divine.”

-- *New World Encyclopedia*

“For me, Season of the Witch is about bravery and acting boldly in the face of forces that seek to limit the passion and power of women.”

-- Nancy Gille, *Haight-Ashbury fan/friend*

“This is a good time for women to grab ahold of themselves, realize their strengths and act on them. Ho yeah, witchy woman!”

-- Peggy Caserta, *author*; I Ran Into Some Trouble



“This is the season of divine feminine power, the end of a cycle, and the harvest. I like seeing different peoples’ celebrations at this time of year, the way they dress up, a lot of colors, the altars in the windows. It’s an exciting, electric time!”

-- *Chloe, 25, Mendels Arts Supplies on Haight*

“Season of the Witch means everybody will be healthy because the witch is powerful.”

-- *May, Love of Ganesha*

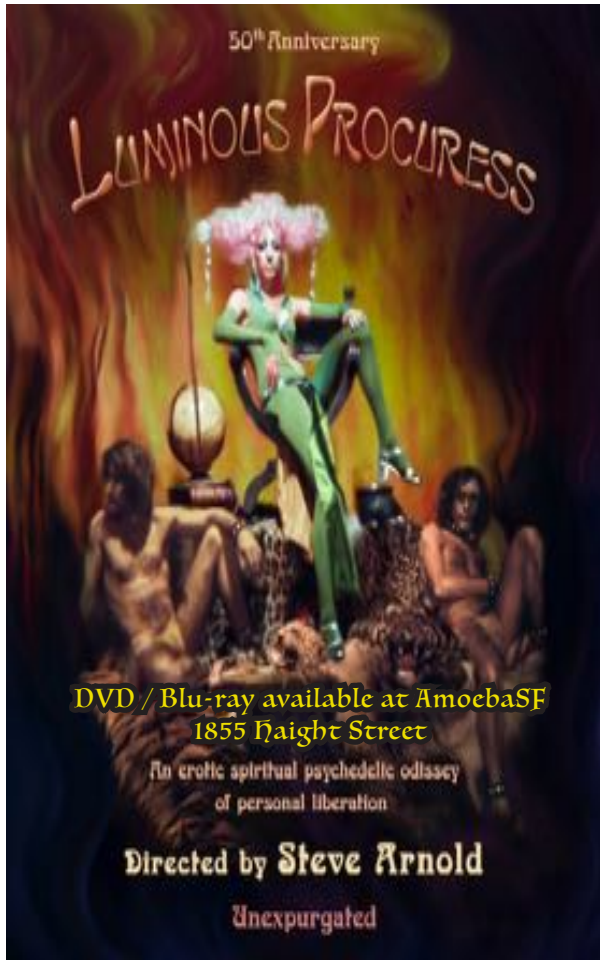
“Feminine energy is darker, powerful. Initially with masculine and feminine, the feminine was death and destruction, like Kali, and then rebirth. But without the dark you can’t have the light. It’s a balance. Pagans and witches get a bad rap but they’re just working with Mother Earth — obviously feminine — in a positive way. And now we’re even stronger than we were before we were oppressed!”

-- *Cassie & Savannah, Pipe Dreams on Haight*

“The witch trials were a mechanism to control women back in the day, and this season is an opportunity for women to break free from the past oppression ... now it is time for the ladies to SHINE into their true selves.

-- *Sunshine Powers, owner; Love on Haight*





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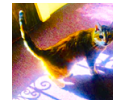
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# LETTER FROM THE EDITOR



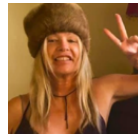
*“The sacred number 13 is considered to be a very karmic number in numerology. It is associated with the divine, and is said to bring good luck and prosperity to those who embrace it. In fact, many people believe that the number 13 brings about change, which can often lead to a positive outlook.”\**

Ever-so-synchronistically, this “Season of the Witch” female-focused edition just so happens to be lucky #13. More demanding than any other since I gave birth (!) to *Haight Street Voice* back in 2017, this edition summoned me blissfully into the wee hours of the morning, racing toward deadline. Closest thing to what I’d imagine giving birth is like. So, I say, raise your portion to the divine feminine! Let’s drink to the fearless ones before us who braved the dark waters, carving out the way for us to continue to be bold. I send out a chalice-full of gratitude to all the women who participated in this edition.

A deep bow to punk rock goddess, Cynthia Perry at Psychedelic SF Gallery for sparking the idea for Season of the Witch. Also, to Chuck Sperry, who created the glorious Diana gracing the cover.

A blessed and bountiful Fall to All!  
Love & Light from the Haight.

*Linda Kelly, Editor-in-Chief*



*Newsletter is ready for liftoff! Follow the QR code and get on the Haight Street Voice mailing list! See ya in your inbox!*



\*above quote: sarahscoop.com



A vibrant, colorful poster for the Crystal Fair. The top text reads "The Winter San Francisco CRYSTAL FAIR". The central image is a large, intricate structure made of blue and white crystals, resembling a cathedral or a temple, set against a background of green foliage and a bright, glowing sky. Below the structure, several people are depicted walking and interacting. At the bottom, the text reads "CRYSTALS, MINERALS, JEWELRY, MYSTICAL &amp; HEALING ARTS", "NOVEMBER 26-27", "GOLDEN GATE PARK", "COUNTY FAIR BUILDING, 9th &amp; Lincoln", "SAT 10-6 SUN 10-4 ADMISSION \$14 (12 &amp; under free)", and "WWW.CRYSTALFAIR.COM".





## “AUNTIE”: 3RD-GENERATION NEIGHBOR & NURTURER

*You can often see Antoinette aka “Auntie” out and about in the Haight, smiling hello, laughing with friends and strangers alike. Every Saturday morning you’ll find her outside her home here on Ashbury giving out food to those in need. We had a chance to sit with Auntie and learn a bit more about this vibrant woman.*

**HSV:** How long have you lived in this building?

**A:** I was born in this building. Actually born on this floor we’re sitting on! My grandmother brought me to the planet in 1958. I’m 64.

**HSV:** When did your family come here?

**A:** The house was built around 1898. My grandmother bought it in 1943 and brought her children here. Her husband had died and she moved to California from Texas.

**HSV:** What it was like growing up here?

**A:** There were all kinds of families, they weren’t all black. I went to St. Agnes, the Catholic school right up the street, across from the Grateful Dead house. I was 10 in 1968, and I’ve been this person ever since. I love my neighborhood now and I loved it when I grew up. I’ve seen it change so many times. I think right now it’s okay.

**HSV:** Do you feel the spirit of your family in here?

**A:** I think my grandmother smiles at me all the time.

**HSV:** Tell me about the food service you do.

**A:** It’s a nonprofit called Third Parent Family [<https://www.thirdparentfamily.com/>]. We do it every Saturday from 10:30am to about 2pm. I’m so proud of how it’s grown.

**HSV:** There are so many people here like you who are

welcoming, not judging people just because they’re in need or not housed. Where did the name “Auntie” originate?

**A:** All these kids started calling me Auntie, so then I started calling myself Auntie! I’ll take care of you but I’m not your

wom. I’m a triple Cancer, so I do for my people. If I see somebody and they’re sad, I’m gonna stop and say something to them even if I don’t know them.

**HSV:** The Haight Ashbury actually has a kind of feminine, all-encompassing, embracing, welcoming energy to her.

**A:** This is a female energy! That’s because she’s a love child and that tends to be female. My grandmother bought this house, my mother had the house, and now I do. This house came from the female.

**HSV:** What does “Season of the Witch” mean to you?

**A:** I don’t think of myself as witchy, but I definitely have some power. I know women here that have power: Amal is one, Sunny’s another ...

**HSV:** Nute at Love of Ganesha ...

**A:** She’s definitely one! She’s *power*. I love that woman. She’s been a real inspiration to me. And I love her daughter, Pai.

**HSV:** Yes! And Uti at Piedmont, Cassie at Pipe Dreams, Cynthia at Psychedelic SF Gallery. What would you like to say to women reading this?

**A:** Be YOU. You have something to offer, share it. Don’t be scared to share. We are mothers if we have children or not. Mother Earth. We’re nature. We nurture. I am proud of the women in my neighborhood. I really am.



## CELEBRATING LATINO ARTS IN THE HAIGHT!

*I'm over the moon to experience the art, dance, food, literary works, and fashion that the Mission Cultural Center for Latino Arts is bringing to the Haight, now through November. Executive Director Martina Ayala's vision is that MCCLA's presence at Gallery 1506 Haight (at Ashbury) will help introduce the Center to a broader audience in San Francisco.*

**Martina Ayala:** It's important for us to increase our visibility, given that we have such a treasure here in the Mission. We are definitely the jewel of the Mission District. We are known as the heart and the beat of the community.

We're "gentefying" instead of "gentrifying". We're bringing our culture, infusing the spirit of Latino arts into the Haight with our incredible history of activism and beauty and culture and music, including historic prints created by local cultural workers, activists, and freedom fighters since 1977. We have a lowrider bike with a printing press on it and we're going to ride through the Haight and introduce art to the people there.

**HSV:** What is the bridge between MCCLA and the Haight?

**MA:** This! [She points to a gold record hanging on her office wall]. Carlos Santana is the bridge! He came out of the Mission Cultural Center, as did many of the musicians of that era. All his bandmates taught here. That's a huge connection. Another connection is Michael Roman, a famous printmaker who makes Santana's t-shirts, who came out of MCCLA. The connection to the Haight is deep when it comes to Latin rock, the '60s, and a unique style of art which is very much a Latino

Bay Area style. We have the Jerry Garcias and we have the Santanas and the Latin rock that came out of here. Our rumberos will play congas outside the gallery where we'll have beautiful artwork for sale. We're launching a radio station / livestream podcast studio there, and plan to record the history and make that connection between Latin rock and the Haight. I couldn't think of a better place to introduce the music and different art forms that have come out of our Afro-Latino roots.



**HSV:** This is "San Francisco" after all, right?

**MA:** Our legacy goes way back. We are indigenous people to this land and we have so much to offer and have contributed for many years. We are celebrating the Day of the Dead, a signature event at MCCLA every year, and

Gallery 1506 Haight will have a smaller version with a procession down the Haight as well!

**HSV:** Excited to have that culture and vibe here!

**MA:** Music, food ... We'll have our "Cafe de Olla", an affordable cup of coffee sweetened with natural sugars and cinnamon, and Mexican sweetbread for everyone, which is absolutely delicious.

**HSV:** What would you like to say to the Haight community?

**MA:** Pa ya vamos!

*Vamos! Come take a video tour of MCCLA!*



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"The Secret Path," featuring the work of Roger Dean and Freyja Dean on view through October 30th.

Levitation Poster and Vinyl Exhibition on view through November 6th.

## FEMALE FILMMAKERS: SHINING THEIR LIGHT!

Meet Ava Wolf, 17, and Cameran Ford, 18, filmmakers of *The Queen's Closet*, a short doc about freedom of expression and drag in SF that won the Tam Unified Film Festival and is also appearing at the Mill Valley Film Festival this year. Thrilled to connect with these brilliant young female visionaries whose careers are just starting!

**HSV:** How did the making of this film all start?

**CF:** We got a long and wordy prompt that was very school-driven [laughter]: Make a film about a local story on art as a way to join a community over a substantive issue. We knew we wanted to do something with drag but weren't sure where to start, so we literally walked up and down Haight. We walked into Piedmont Boutique, and it's such a magical dream empire! We said, "We need to talk to these people!"

**HSV:** Had you had much exposure to the Haight?

**CF:** I never knew how much it was involved in starting drag and the culture of openness and acceptance. I got a whole new perspective on the Haight after making this documentary.

**AW:** After getting involved in the history of the Haight and the LGBTQ movement in SF, we were able to immerse ourselves in what goes on there, especially with Piedmont and the people there. Cam and I grew a lot making this documentary. We realized that we could make our own creative choices. Art is what I'm going to do. I wouldn't have been okay exploring that path if I had not let go of the perspective of things being shoved on me by society, by people around me. To suppress

any part of yourself makes it impossible to explore the entirety of yourself. I think letting go of that is something that everybody can do.

**CF:** It doesn't matter we got the worst grade in class. This is so much more than that.

**HSV:** What does *Season of the Witch* mean to you?

**CF:** It makes me excited! I have this witchy, powerful side inside and I get to unleash it! I love mystical stuff like that.

I'm learning about unicorns and femininity.

**HSV:** You've got to meet Sunshine Powers of Love on Haight. She's all about unicorns!

**CF:** I went there a couple years ago and I was taking photos through this [holds a large green crystal]. I used it in the opening shot of *The*

*Queen's Closet!* This crystal has shaped my personal cinematography style!

**AW:** Haight Street is very magical. All it took was to walk into Piedmont to decide what we wanted to do. The idea of just expression and embracing your true self was something Cam and I were going through, and the Haight drew that out. It's so open. It was the perfect place to explore those things.

**HSV:** Thank you school system for giving you a bad grade and driving you to the Haight -- and to winning an award and being in the Mill Valley Film Festival! And thank you Cameran and Ava for keeping the magic alive!

Follow the QR code to watch our interview with Ava and Cameran, and for the link to see *The Queen's Closet!* MVFF runs Oct 6-16.



Ava

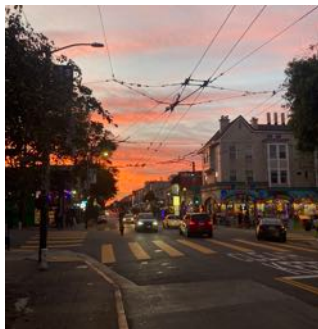
Cameran



## RAISED IN THE HAIGHT BY JOSIEROSE, 22 YEARS YOUNG

Growing up in the Haight was an interesting whirlwind of people, energies, and occurrences. Most folks probably expect me to write about all the peace and love, which was part of it, but there's always two sides to every story. I'll start with the good stuff.

I have wonderful memories of going to the Red Victorian, Coffee to the People, Amoeba, Rasputins. The Haight had every store you could possibly need, from groceries to shoes to smoke shops -- everything. When I was a kid, my mom would take me to Mendels art store and I would run through all the fabrics in total LaLa Land! Fuzzy fabrics were my favorite to touch and wrap



myself in because they felt so elegant. The vibrant rainbow colors of tie dye and glitter and shiny bubbles in the air was very exciting. It felt like a party, with so much to touch, smell, and look at. Of course, growing up here influenced my taste in music greatly, the Beatles, Bob Marley, Grateful Dead, all on repeat in our home. Art was and is always abundant here, the murals change periodically decorating the streets with various artists' masterpieces. The Haight is a place of colors and sounds, which makes the energy high and enticing. Walking through the Haight, everything is alive, the energy feels like it's buzzing with neon excitement. So many people and stores to explore, the smell of Nag Champa incense wafting down the block to gently greet you.

On the flip side, the Haight has had serious drug problems over the years, and I don't mean psychedelics. More like meth and heroine. When the McDonald's was still at Stanyan, it was a hot spot for drugs, shootings, and fights, every day. Alford Lake was riddled with needles, trash and people completely out of their minds. There were many times people attempted to break into our apartment, or slept on our doorstep and left all kinds of objects, like knives and bags of drugs.

I am grateful to have grown up here but just like anything in life, it's yin and yang. These days it seems like the Haight has mellowed out some. Compared to a while ago, it's not nearly as bad.

The Haight being an epicenter of psychedelic experimenting, I grew up to be a psychedelic substance lover and advocate. I believe if everyone in the world would try just a little bit, humans would know more peace. Shrooms give you wisdom. My first trip, I was in GG Park on a bright and sunny day. The grass had been freshly cut giving off that crispy, sense-awakening smell. As the shrooms began to work their magic, I gazed up at the massive Eucalyptus trees, their lanky branches looked as if they were waving at me, welcoming me to the psychedelic realm. Tree bark turned into old men with beards, smiling warmly and laughing. The trip ended around 8pm in front of the Conservatory of Flowers, where a light show was on display. The building was lit up with fast-moving animated bugs and booming bright colors. Perfect way to end a trip.



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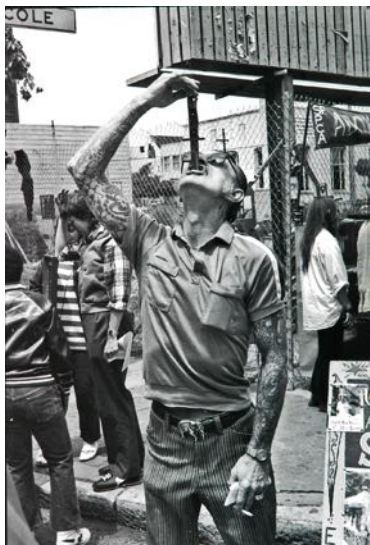
**Haight Ashbury Psychedelic Center**

Share Your Story with our Creative Director, Linda Kelly

haightstreetvoice@gmail.com

## THE HAIGHT: THROUGH THE EYES OF ELISABETH FALL ...

When I moved to San Francisco in 1984 as a young 20-something, I knew I would make the Haight my home. I lived in a handful of places early on and eventually rented a flat on Cole Street, moving only once in the 25 years that followed.



Haight Street was on my radar from a pretty young age. Growing up in Washington DC, the place I longed to be was sunny California. Its allure was sold through TV shows like the Mod Squad and commercials for Coca-Cola. But it was black-and-

white photos in magazines like LIFE, of the Grateful Dead, Janis Joplin, and other colorful characters that drew me in. Dressed in winter coats, feathers and sandals -- clearly in a state of seasonal amnesia typical of San Francisco -- these



images captured my imagination and wouldn't let go. Freedom to be yourself was and is vintage Haight, and I have been a number of different people living here; The young 20-something newbie dancing at the iBeam, the freelance photographer

who took photos of neighborhood street performers, like sword swallower Captain Don, street goddesses in steampunk fashion, musicians including Dave Grohl whom I spotted near Belvedere Street in the '90s ...



(He said he had a girlfriend who was a photographer and patiently obliged).



## ... A PHOTOGRAPHER'S JOURNEY

In the early 2000s, I was also the mother of a toddler who practically learned to walk on Haight Street, and who was very enchanted by the neighborhood street life ... at eye level. Young stoners always greeted her sweetly as they sat leaning against storefronts



along the sidewalk. As she got a little older and saw the occasional person passed out, she would turn to me casually and say: "Mommy are they dead?" with a sense of curiosity and not concern, because she didn't know what it meant — to be dead or passed out. As a young adult, she'd get her first retail job on her beloved Haight Street, at Haight and Ashbury, no less. She has witnessed a lot of beauty and sadness on that corner and advocated for Narcan pens for businesses on the street when someone OD'd on heroin this past summer. In her own way, she is

continuing the legacy of the Haight; looking out for your neighbors and the greater good of the community. [Speaking of greater good, big shoutout to Dr. David E. Smith, Founder of the Haight-Ashbury Free Clinic in 1967!]



Almost 4 decades have passed since I moved to San Francisco. So much of my personal history is intertwined with this neighborhood that in a weird manner, I feel a sense of ownership. It's my version of Haight Street now. I've been the observer with a camera and a witness to the

delightful and sometimes dark moments the Haight has had to offer. A longing for love and peace '60s style still draws thousands of people here, and in a way it's a shared ideal that still binds us, 50 years later, and is at the heart of the Haight.

I'm thrilled to be a part of this all-women edition of *Haight Street Voice*. "Season of the Witch" conjures up a fantastic feeling of unapologetic, supernatural feminine energy that has been a part of the Haight and reflected in psychedelic art and music for a long, long time.



*Check out Elisabeth's incredible body of work at [fallfoto.com](https://www.fallfoto.com). Grateful to share her poignant pictures of the Haight-Ashbury.*



# ALL SAINTS' EPISCOPAL CHURCH 1350 WALLER ST.



## SAINT UTI & SAINT SAHAJ OF PIEDMONT BOUTIQUE!

*October 9, 1972. Piedmont Boutique's first day in business. Clearly, fabulous owners Uti and Sahaj have concocted some sort of magic potion that continues to cast color, love, and freedom of expression to the community – and the world! I hung out recently with these 2 community icons and got a good dose!*

**HSV:** Did you always have this sparkly amaziness at the shop?

**Uti:** We started that way but he thought he could read *Lazy Man's Guide to Enlightenment*, have a sandwich every day, and sell stuff. [laughter]

**S:** I didn't even know sizes for people!

**U:** So I came around and said, "You need to organize!" [laughter]

**S:** She makes the money, I spend it!

**HSV:** You recently were touted a legacy business in the neighborhood.

**U:** Yes. We were also just declared by the Sisters of Perpetual Indulgence a "Sacred Sanctuary" where all can come and be safe. I now have a new given name by the Order: "Saint Uti Koochie-Koo: Kindhearted Mistress of Mischief & Glamour and Caring Curator of Safe Spaces". And my dear Sahaj here is "Saint Sahaj Sultan of Swag: The Man Behind the Glitter Curtain, Hero to the Queers, Strippers and Fabulous Fashionistas".

**HSV:** Season of the Witch, what does it mean to you?

**U:** It creates the spark, the magic of craft, which is witchcraft.

**HSV:** Alchemy, something from nothing.

**Both:** YES!

**U:** People come in here and say, "I don't want anything today. I just came in for a color fix." Color is healing.

**HSV:** People come to the Haight Ashbury for the color.

**U:** For the color and for the energy. There are energy points all over the Earth, and this happens to be one of those energy points, which draws people from every corner of the Earth, and as far as we know, maybe even from above!

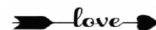
**HSV:** What would you like to say to the Haight community and to the

global community?

**U:** I'd like to thank the Haight community for their essence of love, for the persistence of love, and for the insistence that love is answer. Which is the answer for the whole globe. That's it!



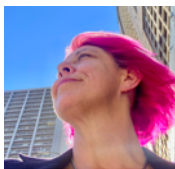
*What a magical visit with these 2 lovely souls! Follow the QR code for some witchy watching!*



## STREET PERSON SPOTLIGHT: CHELSEA JEANE ROBINSON

Youth used to dance around me like maidens around a maypole. Now I sit and wait for the inevitable “crone carriage” to pick me up and shuttle me to the tertiary phase of womanhood. Haight is a very strange place to wait for this carriage. In a place where every item and plant and human seems to be anointed with magic, to experience not only shifts in the world but shifts in oneself can sometimes be terrifying. Then, adding social structures and unspoken rules and societal concerns or complaints, I become exhausted. Yet I return.

In my regular life, I do regular things, wear regular clothes, have regular conversations with regular business people. In my time off, I am “up on the block”. This is because I love people-watching, I love being around friends, and I love spending time outside when I don’t have



to work. Moreover, the Haight is arguably one of the only places where I am able to be myself. It’s becoming difficult, however, to experience this without feeling the pressure of times changing, my body changing, and the social climate changing. I used to feel hip, like I was part of something. Before the pandemic I felt like I had jumped onto the counter-culture train just before it was halted and the world shut down. As we cloistered ourselves, I began to pore over ways to express joy, love, light, art, spiritualism, and community. Having that cloud of sheltering lifted, I have stepped back into a completely different world. I feel vintage now. I feel each of the 48 years I have survived the Earth, and I have realized my relevance in the world is fading away. Yet I return.

Visiting “the block” is similar to walking through church. Because magic lives here it is easier to openly worship anything you like, as long as it doesn’t stop someone else from worship-

ing what they like. Even this is becoming more difficult. What drives me to wait where I sit physically and metaphorically on Haight for that carriage to come scoop me up and take me to an elderly place, is the belief that I have a pink thread in a very large Haight Street tapestry, and it’s an important connection. It’s bigger than any of us are. What I am discovering as an “aging new-romantic pagan woman” is that the less I focus on my personal path or experience, the calmer I become. The less I lament that something hasn’t been done for me, or has been done to

me, the more clear things seem to be. Even with the changing of times, hemlines, or beard styles, there’s still some part of me that belongs in this place. As I continue to grow and learn, I realize that being a crone, or approaching that life, causes the veil between the real world and the metaphysical world to thin. Aging, and getting closer to the next iteration of spiritual existence, can draw one to the other side. What becomes exciting is in the season of autumn, when the world shifts from light to dark and the veil is thinnest anyhow, those who already walk in that world become highly aware of each side. Normality becomes completely subjective, and it can almost seem like you can see or feel or hear the echoes of those who have gone before more clearly. I return because it is almost a duty to walk between both worlds. There is a responsibility to share magic and metaphysical awareness and manifestation in the world in which we live. There is a duty that can feel like a burden, but it becomes so easy to spread energy and joy and light if you just tell people what you see. The future is terrifying, but with a crow on my shoulder and a rat at my feet, I proceed into the veil and let it canopy my face. I welcome the world, whatever it may become.

I will continue to return.

“Local Aging New Romantic” (aka Chelsea) on  
instagram: @sidhe\_shells



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## THE MAGIC OF PATTI SMITH BY PAMELA HOLM

Because the night.

My phone rang and Linda Kelly's name glowed on the screen. Lifting it to my ear, I dragged it through a spiderweb that wrapped around my hand, and stuck to my face.

"Season of the Witch" Linda said. "Do you want to write something on the theme Season of the Witch, for the new issue of *Haight Street Voice*?"

I laugh while wiping spiderweb goo off my face. It's 10PM and I'm halfway up a tree in my backyard, picking apples by the light of the moon. "Sure," I say. How can I NOT write about Season of the Witch.

I'm picking apples because I leave town first thing in the morning, and by the time I return the apples with likely have fallen to the ground and gone bad. I'm leaving town to see Patti Smith at Pappy & Harriets in Pioneertown in the Hi desert, near Joshua Tree, where I live half the time.

I was in high school when Patti Smith first came on the scene and chased folk music off my playlist. She was raw and elemental and tossed buckets of reality onto the 1960s ethos, that had lingered well into the '70s. Now, more than forty years later, on a warm desert night under a skyful of stars, she is still working her magic.

With words strung like beads, deliberate, contrasting, Patti Smith cast a spell on the audience. All of us, stone still, eyes forward, hearts open and entranced by the skinny figure in black rags with tangled braids, who looked as if she'd run through a forest on the way to the stage. Even the desert wind was tamed into a warm breeze.



Throughout the night, Patti laughed and told stories with a grounded humility, yet appeared to see past the audience, past the earth's curvature, and into the realm of the spirits. Song after song was in memorium or celebration of departed lovers, friends, heroes, and all utterly devoid of sadness or melancholy. She even tricked us into thinking that a song about a dead woman washing up on the shore, was a happy tune, and effortlessly convinced 900 strangers into singing happy birthday to her dead husband.

Moth wings caught the stage light and flickered overhead like shooting stars, and there was no question that Patti Smith is now and has always been, season after season, a witch. I only wish I'd thought to bring her some apples.

*Pamela Holm is an SF- and desert-based writer, author, and playwright. A wonderfully wise witch with words! [pamela.l.holm@gmail.com](mailto:pamela.l.holm@gmail.com). Follow QR code to her FB page as well!*



## STACI SMITH: BRINGIN' THE LIGHT!

*Staci Smith is a 3rd-generation SF Bay Area native. A Deadhead since 15, at 43 she created Strangers Stopping Strangers, a digital platform in the spirit of the Grateful Dead to share a daily dose of the legendary SF band with the global Deadhead community. Staci's become a dear friend, and sometimes that means we go deep. The light and the dark, y'all ...*

SS: One day, years ago, I made this analogy: the heaviness of a depression, when you're in it, is like the fog. And even though you know the bridge is there, that the headlands are on one side and SF is on the other — you just can't see it. And it's scary when you see it starting to settle and you've been stuck underneath layers of it for a long period of time, and you just don't know if it's gonna lift.



Depression is like a heavy blanket. It's like jet lag. You just can't pull yourself out. It's almost alluring because you don't have to try anymore. It's a surrender, but you're surrendering to darkness, and that's not good.

HSV: I was freaking out recently about money, about what the hell am I doing — all that crap. I felt numb and disconnected. Suddenly I was drawn to the ocean. Felt surreal. I was pulled there. It was Labor Day weekend. A zillion people. I felt removed, alone, self-conscious. Then I found myself at the ocean's edge, staring at the sun, giving gratitude.

SS: That's the antidote, right? Looking at the sun, the light versus the fog. The yin and the yang. I've been in and out of some dark and some light, and it always comes back to the Grateful Dead for me. There's a song for every space, every shade of the spectrum.

HSV: I think when people get depressed or go into the dark, they're afraid that they're not good enough or people won't like them or they're not this or that enough because of this outside concern of being accepted. As I get older I'm like, you know what? I don't care if somebody cares that I have a hole in my shirt. Who fucking cares!

SS: I totally feel that way. I give less fucks every year. The fucks keep going away. The whole reason I go on is to bring a smile to people. The positive SO outweighs the negative.

HSV: Season of the Witch, Dorothy and the Wizard of Oz, that journey from black and white into color. It takes guts to find the joy. It's not always unicorns and rainbows. SS: God no! I knew this conversation was gonna bring me out. Always talking to you and talking about San Francisco, it always brings light. There's always a break in whatever fog that's going on. Even in the last hour, I've experienced dark and light, and yeah, you have to be grateful for the light, and then power through.

*Step into Dead space at Staci's website:  
[www.strangersstoppingstrangers.com](http://www.strangersstoppingstrangers.com).  
Let your lovelight shine!*



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# Haight-Ashbury Holistic Astrology

by  
Michael Sollazzo



Hello, Haight-Ashbury!

Circe, Hecate, Medea, Lilith ... these powerful goddesses of the witching ways have inspired practitioners and storytellers for millenia. They represent (among many things) power, will, creativity, independence, and insight.

In astrology, some of the earliest discovered asteroids were named after these figures: 34 Circe (1855), 100 Hekate (1868), and 212 Medea (1880).

Lilith, first wife of Adam from Jewish mythology, is different from these others in that her name is applied to the second focal point of the Earth-Moon orbital ellipse (the focus not occupied by the Earth). In this way, Lilith maintains her equality to Adam (aka "Adamah" or "Earth"), and this point is often called "Dark Moon Lilith".

This Halloween finds Dark Moon Lilith at the Gemini/Cancer cusp in the Haight-Ashbury's 2nd House. Perhaps this is a time to procure a crystal and work some magic?



Hecate. [image @witchlingsart]

Aiding this adventure is the Greek enchantress Circe, who is transiting Scorpio in your 6th House and is conjunct the transiting Sun and Venus, as well. This could be an opportunity to transmute your habits to be more aligned to your health and wellness goals.

Meanwhile, Hecate in Cancer begins its transit of your 3rd House ... the House of Neighbors! This may be a time to break down barriers between you and your neighbors ... or to set boundaries if need be.

*If you would like to schedule an astrology or psychic reading, please email Michael at [hello@michaelsollazzo.com](mailto:hello@michaelsollazzo.com)*





# SPORTS DESK

by

Cynthia Johnston



*Ladies Don't Say Fuck.* Working title for my memoir. Ever since a Florida campaign when a friendly labor leader cautioned me about my attitude and I wisecracked, Yeah, I know. Ladies don't say fuck. It was hardly my first introduction to the land of Ladies Don't. And I'm hardly the first woman to get shut down. Take Eve. She took the rap for that first bad apple and it's been downhill ever since.

Then there's Mary Magdalene. You know her as the hooker Jesus hung out with, right? But did you know there's another version of Mary? Priestess. Powerful healer. Goddess. You don't get that version in Sunday school. That got shot down by the Romans' PR campaign to superimpose a male-dominated hierarchy on top of earth-oriented, hence female-oriented rituals and holy days. If you're looking for Original Sin, I'd say look no further.

But going back even farther to ancient Egypt, we have Sekhmet, daughter of the Sun god Ra (you know, like Jesus is son of the Christian God?) with the body of a woman and the head of a lion. Often seated beside Ramses in statues and art, Sekhmet is obviously more than his plus-one. More like member of a triad, or holy trinity, with Ramses and Ptah. But when humanity violated Ra's laws of

justice and balance, Sekhmet became an instrument of his wrath. This mighty goddess of healing became the fire-breathing, blood-thirsty goddess of war, also known as "She Before Whom Evil Trembles." After destroying an insurrection by a rebellious mob (sound familiar?) her

rampage continued. She would have destroyed all of mankind if Ra hadn't stopped her with a river of blood-red beer. Her rage was gone when she woke up three days later.

Through the ages, powerful women -- healers -- have been reduced to prostitutes, wives and witches. Burned at the stake, or simply diminished, being suppressed and oppressed through time immemorial is downright de-pressing. But instead of lashing out in a murderous rage (I can think of a mob that has it coming...) we tend to do our enemy's work by diminishing ourselves. Face it: It's hard to shine your light through a mountain of bullshit. But shine we must. Rise

up against injustice, we must. Together, our voice is powerful AF. And all that rage must be concentrated in one place at one time: The Ballot Box. November 8. We have the power.

Check out Cynthia's badass website:  
[www.myyawisthehighway.com](http://www.myyawisthehighway.com)



WEDNESDAY, DECEMBER 7, 2022

Join HealthRIGHT 360, a woman-led organization, for our annual **Be the Change** Fundraising Breakfast, highlighting our life-changing work in the community. Engage in meaningful dialogue about substance use, mental health, women's healthcare, and homelessness amid the opioid/fentanyl crisis and housing emergency.

## REGISTRATION AND MORE INFORMATION

**When:** 7:30AM – 9AM

**Where:** InterContinental Hotel  
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**Register:** <https://give.classy.org/btc22>

**\*\*No cost to attend\*\***



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