

Bolinas Hearsay News

Monday, July 25, 2016

50 Cents



Ward Young and the kids at the opening of the Children's Center play structure. Photo from Belle Weston's Facebook page

WHAT'S HAPPENING??

Monday, July 25

CORECONTACT

A contemporary dance workshop, Community Center, 7-8:15pm, \$10-15 drop-in, sliding scale

SPECIAL MEETING OF MESA PARK BOARD

7pm BCPUD office, 270 Elm Road

BOLINAS FIRE PROTECTION DISTRICT MEETING

7pm Firehouse Community Meeting Room 100 Mesa Road.

Tuesday, July 26

COMMUNITY CENTER

Regular monthly meeting of the Board of Directors @ Library, 5pm. (postponed from last week)

Wednesday, July 27

MIDNIGHT ON THE WATER

Traditional Celtic & contradance music to accompany Smiley's celebration of all July birthdays, 7:30-9:30pm, free, free cake too.

Thursday, July 28

JAMES PATRICK REAGAN

'Urban slack' guitar @ Smiley's, 8pm.

Friday, July 29

DAVE M'ORE BAND

Guitar-driven rock @ Smiley's, 9pm, cover.

Saturday, July 30

BOLINAS COMMONS YARD SALE, SWAP AND BARTER

Bring your stuff to swap or sell, 8am-2pm

THE SHAMS

Hard-hitting Irish music @ Smiley's, 9pm, cover.

HAPPY HAPPY BIRTHDAY!!!

- July 25:** Rachel Winner
Martha Wax
- July 26:** Rachel Evangeline Ingram
Gordon Heiner
Patti Stephenson
Dewitt Jones
Jim Brogan
- July 27:** Andrew Blake
- July 28:** Ciarra D'Onofrio
Philip Carman
- July 29:** Diane Lamontez
- July 30:** Sharon Mantle
Jessica Gene Ross
Willamina Jewel
Vincent-Springer
Justin Demmon
- July 31:** Anthony Stewart
Ana Krakauer
Piro Patton
Paloma Dunlap

Pasteup-----Ned Riley
Ads/books----June McAdams
Press-----Jennie Pfeiffer

Whoever took the BCC tables from the Community Center, please return them ASAP.

--Lia Sabbatini



COMMUNITY &
CULTURAL CENTER

dance palace

For more information, to volunteer,
or to join call 415-663-1075
Save \$ by buying in advance
Tickets at www.dancepalace.org

WMSS Fraud

Lecture Thursday, August 4, 1:30 PM This presentation will be in conjunction with Legal Aid of Marin and Bank of Marin. The presenters will focus on seniors, fraud issues and how to avoid scams. More details coming.

Reception - Kris

Brown Thursday, August 4, 4:00 PM Long-time Inverness resident Kris Brown loves painting in nature. Her previous work using pastels has led to her current work in oils. She will be the featured artist in the Lobby Gallery starting August 1. Lobby reception on August 4, 2016, from 4:00pm - 6:00pm.



George

Winston - Solo Piano

Concert Saturday, August 6, 8:00 PM \$35 in advance, \$40 at the door George Winston returns with "The Summer Show," a solo piano concert. The evening will include melodic spring and summer songs, some of Vince Guaraldi's "Peanuts" pieces, music inspired by the New Orleans and stride piano traditions, and songs from his upcoming albums. Since 1972, Winston has released thirteen solo piano albums. His latest releases are "Love Will Come—The Music Of Vince Guaraldi, Volume 2 (2010)," and "Gulf Coast Blues & Impressions 2—A Louisiana Wetlands Benefit (2012)." Please join George in support of our local food bank by bringing a donation of canned food to the concert. Collection baskets will be at the entrance. Saturday, August 6, 8:00pm Tickets \$35 in advance / \$40 at the door

**FRIDAY FARM STAND
@ Star Route Farms
Noon – 5PM
COOL COASTAL GREENS
AND THEN SOME!**

WHAT HAPPENED THIS WEEK
7/25/16 Monday Morning Recap from
Jenniepeiffer

So shocked and saddened to get the news of the departure of Ward Young from this life!

What a loving human being and longtime excellent shepherd of so many children in our town. This is such a difficult turn of events to process. It is an enormous loss to his family, to the community, and to the larger world, a world made all the better for his years of activism as a crusader for safe energy and alternative solutions to conflict, with the hopes of helping end war.

Much love and comfort to Rachel and Orié at this overwhelming time.

The Bolinas Preschool will be closed until further notice. We will be holding all these tiny ones and their families in our hearts as they process this loss. jp



How Airbnb changes its host cities

Tom Slee
Harvard Business Review

"Airbnb has become a double-edged sword," said Tom Slee. By bringing in more visitors, Airbnb can boost a city's economy and help homeowners make a little extra cash on the side. Too many tourists, however, can "erode the very atmosphere in which visitors bask, and threaten the livability of the city for residents." Housing officials in Paris, where Airbnb listings have doubled in one year to 40,000, complain of a "deserted" city center frequented only by foreign tourists. In Lisbon, Airbnb listings have nearly doubled since last year, to more than 10,000 in a city of half a million. By one estimate, as much as one-third of the city's housing stock has changed function in the past three years, from owner-occupied apartments or regular rentals to short-term accommodations. Locals in Joshua Tree, a town of 7,000 people on the edge of Joshua Tree National Park in California, complain of being priced out of the housing market by investors buying vacation rentals they plan to list on Airbnb. Some cities are fighting back; San Francisco began requiring Airbnb hosts to register with the city last year. Hopefully, such efforts to rein in the explosion of short-term rentals will prevail. Authentic tourist experiences shouldn't be bought at the cost of "those who matter most: actual residents."

THE WEEK July 22, 2016

Submitted by Ned Riley

Dear Families,

I am deeply saddened to inform you that Ward Young passed away doing what he loved on Friday night. As many of you know, he has been suffering from heart complications for some time now. We are relieved that his passing was peaceful and painless.

Due to this tragic loss, the school will be closed next week, July 25th until Aug. 21st. We will re-open on Aug. 22nd as scheduled.

Ward was a shining light who touched the lives of so many in Bolinas. A photo memorial has been set up on the doors of the school if you would like to leave flowers or cards. We ask that you please respect the family's privacy at this time. A more formal service will be announced later in the week.

Coping with loss for young children can be very sensitive and stressful. Adults play an important role in helping children cope by providing a supportive atmosphere in which to talk about or play out concerns. I have attached some articles in English and Spanish that I hope can help as tools and resources in this sad time.

If you have any questions or concerns please feel free to contact me or Laura Distasi.

<http://childbereavement.org/resources/article/2014/04/01/talking-with-children-about-loss>

<http://kidshealth.org/es/parents/death-esp.html?WT.ac=pairedLink>

Sincerely,
Victoria Maier and Staff
(415)868-8920

**The Children's Center will be CLOSED
July 25 – 29
And for the first 3 weeks of August
We will reopen on Monday, August 22nd**

--Victoria Maier

FOUR GREAT THINGS ABOUT THIS PLACE...

- **Ward Young, gentle male role model for so many generations of Bolinas children.**
- **Camping with friends on the Eel River. Hot hot air, cool cool river water. Happy dog.**
- **Greetings, pink ladies...the sign of the impending end of high summer.**
- **It seems so long ago in the press of events, but wasn't that a beautiful July full moon?**

--Ned Riley

Public Notice

**BOLINAS FIRE PROTECTION DISTRICT
BOARD OF DIRECTORS
SEAT OPENINGS**

This November there will be an election that will be held on the 8th day of November 2016 at which the election issue to present to the voters shall be:

**To elect members of the governing body of the Bolinas Fire Protection District.
Three regular 4 year term seats are up for election in November.**

The District is interested in members who are committed to maintaining the safety of the community. Board meetings are one evening per month plus additional committee meetings. The volunteer positions offer opportunities to set District policy, participate in local government and provide a much needed community service. No prior experience on elected boards is required.

Candidates shall be registered voters.

Before a Board member may enter into the duties of his/her office, he/she must subscribe to the Oath of Office.

If you are interested in becoming a Board member of the Bolinas Fire Protection District, please contact the Fire Department at 415-868-1566 or the County of Marin Register of Voters at 415-499-6456.

**FILING PERIOD:
July 18, 2016 to August 12, 2016**

Alcohol and Cancer - Some Recent Findings

It has long been known that drinking alcohol can increase a woman's risk of breast cancer. A recent review from the *French International Agency for Research in Cancer* looked at 15 meta-analyses on the risk relationship between alcohol consumption (including light consumption) and the risk of breast cancer. (A meta-analysis is a statistical approach to combine the results from multiple studies in an effort to improve estimates of the size of an effect and/or to resolve uncertainty when reports disagree.) All but two of these analyses showed a dose-response relationship between alcohol consumption and the risk of breast cancer, even at low levels of consumption.

Researchers at the University of Houston have found a cancer-causing gene that is triggered by alcohol. Cancer biologist Chin-Yo Lin says: "Our research shows alcohol enhances the actions of estrogen in driving the growth of breast cancer cells and diminishes the effects of the cancer drug Tamoxifen on blocking estrogen by increasing the levels of a cancer-causing gene called BRAF." Along with colleagues, he published his findings in *PLOS ONE*, an open access, peer-reviewed scientific journal published by the *Public Library of Science*. The authors estimate that tens of thousands of breast cancer cases in the U.S. and Europe each year are attributable to alcohol consumption and that drinking is also associated with an increased risk of disease recurrence in women with early stage breast cancer. Another key finding was that alcohol weakened Tamoxifen's ability to suppress the rapid growth of cancer cells. Lin and his colleagues posit that their results suggest exposure to alcohol may affect a number of cancer-related pathways and mechanisms. He says their findings have implications for women who are undergoing hormone replacement therapy for menopausal symptoms, as alcohol can affect the actions of the hormones they take to manage their symptoms. The research highlights potential long-term health effects for

college-age women, who might find themselves in situations where heavy or binge drinking is part of the social environment.

"We hope these and future findings will provide information and motivation to promote healthy behavioral choices, as well as potential targets for chemoprevention strategies to ultimately decrease breast cancer incidents and deaths within the next decade," Lin said. "We want to provide women, in general, with more information and insight to be better able to balance their consumption of alcoholic beverages with the potential health risks, including cancer patients who may want to take into consideration the potential detrimental effects alcohol consumption might have on treatments and modify their behavior and habits accordingly."

Alcohol may affect the growth of cancers beyond the breast. A recent study from the University of Otago in New Zealand was published in the journal *Addiction*; it was also based on meta-analyses concerning alcohol and a variety of cancers. The author wrote "even without complete knowledge of biological mechanisms, the epidemiological evidence can support the judgement that alcohol causes cancer of the oropharynx, larynx, oesophagus, liver, colon, rectum and breast. The measured associations exhibit gradients of effect that are biologically plausible, and there is some evidence of reversibility of risk in laryngeal, pharyngeal and liver cancers when consumption ceases. The limitations of cohort studies mean that the true effects may be somewhat weaker or stronger than estimated currently, but are unlikely to be qualitatively different."

How can we wisely react to these recent findings? Alcohol has been a part of the human experience since

Continued next page



Ken & Sam Levin

Window Cleaning

415.663.9669

West Marin's Best

We Like Books!

Good good books!

You may have noticed that **The Book Exchange** has opened the beaded curtains again accepting donations as usual. We would like to please ask, as you weed through your selection for donation, to continue your thoughtfulness of our space and keep an open mind to what you might consider appropriate. **We love books that are:** in great shape, smell good, novels, art books, kid's books, current affairs, classics, old treasures and so on.....

Books and items that we less appreciate: falling apart books, moldy musty smelly books, (mold spreads), (even if it's a treasure, I know I know it's hard to throw away!!), maps, old manuals, out of date medical journals.....and so on and so forth.....

We appreciate your support, books and all. We couldn't keep this alive without you, so thank you!

Cheers, Van



Continued from prev. page
our early beginnings. Many other factors are closely related to the development of cancer, such as ionizing radiation, tobacco, the papilloma virus, UV exposure, family genetics, environmental toxins, unhealthy diets et al. Cancer incidence rises with age, along with DNA changes in our genome. Alcohol is clearly not the only risk factor for cancer, but it is one we can control. I think it is wise for women to be very careful about alcohol use, not to exceed one drink a day, and preferably use less, such as a drink only on special occasions. Women dealing with breast cancer should stop altogether. Men who drink daily should limit their intake to one or two drinks at most. If there is a strong family history of colon cancer or other cancers, stop completely. If you are diagnosed with cancer, stop completely. Go to AA meetings. If you don't believe in a God, try nature or your sober friends for support. My partner used to say "I need an attitude adjustment" before having a glass of wine. Now he says "Let's meditate".

Sadja Greenwood, MD
sadjascolumns.blogspot.com

Also a small closing reception for the art work in the front room to be had on Aug 1st at 3pm Sunday. Come check out the work if you haven't already, or even if you have come for the treats, in the words of Bili Quist "I love hor'dourves"



Good Bye Buys . Clothing !

Mardi Wood, Kitty Okamura, June Kleider, Judith Shaw, Allison Evans

Fabulous clothes at pass along prices, everyone welcome!

Saturday , July 30

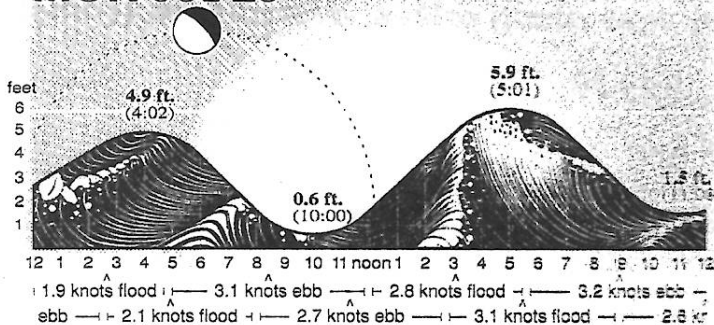
11 am to 5 pm

Mardi's Teahouse - Fern at Elm

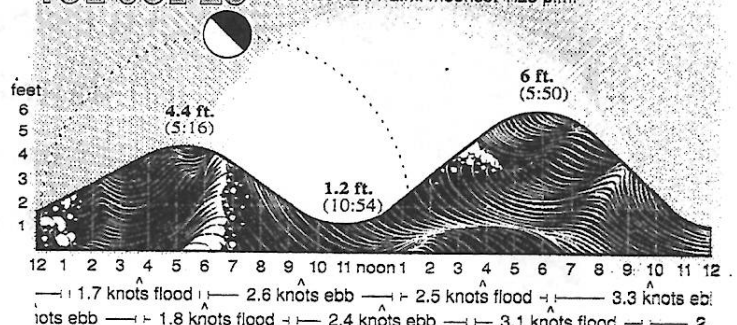
KWMR RADIO SCHEDULE

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------|---|---------------------------------------|---------------------------------|---|--|--|--|
| 6:00 | DAWN | | | | | WEEKEND DAWN | |
| | KWMR Music | KWMR Music | KWMR Music | KWMR Music | KWMR Music | As It Happens (CBC) | KWMR Music |
| 7:00 | NEWS & KWMR MORNING SHOWS | | | | | MORNING MUSIC, TALK & NEWS | |
| | Day 6 (CBC) (repeat) | As It Happens (CBC) (repeat) | As It Happens (CBC) (repeat) | As It Happens (CBC) (repeat) | As It Happens (CBC) (repeat) | Morning Glory | Sunday Baroque |
| 8:00 | With Eyes Open! / A Cuppa Jo | Rise and Shine | Swimming Upstream | Top of the Morning / Pieces of Peace | new La Mañanita Alegre | | |
| 9:00 | Park Wave-lengths / The Valley / Sound Science | Airwaves | Trash to Treasure / Fish Tales | | new Specials | The Vicarious Traveler / Original Minds | Sunday Celebration |
| 10:00 | TURNING PAGES | | | | | | |
| | At Nature's Pace | Reading / Vinyl Cafe to John (repeat) | Waves of Joy / Radio Bookmobile | For Children of All Ages / Casual Footsteps | new Libro Abierto | | |
| 11:00 | TALK & CURRENT AFFAIRS | | | | | Vida with Saga / Tailgating w/ Steve & Jaime | |
| | Trailer Talk | Spirit & Mind / Questing | Cuerpo Corazón Comunidad | Let's Talk | Alternative Radio | | |
| 12 pm | The Bloneers | | | | | AFTERNOON MUSIC | |
| | Farm & Foodshed Report | New Dimensions | Planetary Radio | Attunement / Commonweal Conversations | Reveal | Forms and Feelings | Happy Days |
| 1:00 | Ocean Currents / Post-Carbon | On Being with Krista Tippett | Climate One | Art's Desire / Hot Tech/Cool Science | Peace Paradigm / The Local Radio Organon | Jazz Rhythm | |
| 2:00 | AFTERNOON MUSIC | | | | | Hawai'i Calling / The Scoring Stage | The Vinyl Café |
| | Cruisin' | Aztec Pride / Desde La Bahia | Classical Wednesday | Classical Thursday | Classical Friday | | |
| 3:00 | | | | | | Learning Curve / To Hell & Bach | |
| 4:00 | Art of the Song | Youth DJ Project / Prof Kosmo | Youth DJ Project / Prof Kosmo | TeaTime Books (Coastal Airwaves) | The French Touch | | |
| 5:00 | NEWS & CURRENT AFFAIRS | | | | Happy Hour | Circulo Musical | Elbow Room / Between Rock & A Jazz Place |
| | Epicenter | Epicenter | Epicenter | Epicenter | | | |
| 6:00 | As It Happens (CBC) | As It Happens (CBC) | As It Happens (CBC) | As It Happens (CBC) | | EVENING MUSIC & DRAMA | |
| | EVENING MUSIC | | | | | Celtic Universe | Classic Radio Theater |
| 7:00 | Release Me | Musical Variets | Faultline Radio | Bakersfield & Beyond / Shorty's Bunkhouse | No Bad Vibes / Boy Voyage | | |
| 8:00 | | | | | | The Jazz Groove | L.A. Theatre Works |
| 9:00 | Sessions from Chicken Point / Silver Dollar Jukebox | DI Your Life / West County Prowl | Coast Highway Blues | Off The Cuff / Running With Scissors | Night Flight / Bring It On Home | | |
| 10:00 | | | | Slit / Set Down! | | Saturday Night Function | Stuck in the Psychedelic Era with the Hermit |
| 11:00 | Forms and Feelings (repeat) | Professor Kosmo | Sonic Sunspots | Under the Needle | The Latin Alternative | | |
| 12 am | LATE NIGHT | | | | | LATE NIGHT | |
| | DeepWaking 12-1 | KWMR Music | Sunspots to 1:30 KWMR Music | Best of British | Radio Goethe 12-1 KWMR Music | KWMR Music | Grateful Dead Hour |

MON JUL 25 dawn 5:02 sunrise 6:08 sunset 8:24 dark 9:30 moonset 12:18 p.m.



TUE JUL 26 dawn 5:03 sunrise 6:09 sunset 8:23 dark 9:29 moonrise 12:11 a.m.; moonset 1:25 p.m.



FOR SALE

4 -HUNTER DOUGLAS ROMAN STYLE SHADES, 2-6FT
\$20 each , 2- 6' wide \$15 each , 1-46" wide \$15 , 1-23.5" wide
\$10, call 868-9539

CS 7/22

Read the Hearsay Online

For 33¢ per day, more or less. Give yourself, a friend, or an expatriate member of your extended family the gift of local news three times per week, delivered electronically. Stay home. Save trees. Isolate.

Subscribe anonymously by contacting Michael Rafferty, Publisher and Online Editor, 868hearsay@gmail.com

LOST AND FOUND

OUR FRIEND LOST HIS WEDDING RING ON SATURDAY July 16 at the channel. Hoping a friendly sea creature found it. It says "DJ" and a date. Call 9525 if found.

AW 7/18

LOST:WOMAN'S WEDDING RING- GOLD, ON BEACH? Phone 916- 606- 4265

? 7/18

LOST: OAKLEY GREY & BLUE SUNGLASSES NEAR Bass Lake, around noon time 7/15-Randy-925-708-6868

R 7/18

FOUND: PRESCRIPTION SUNGLASSES: THURSDAY June 23, in sand by the shore around 8pm. Just about swept to sea. You must be missing them-super good looking rims & goggles-black thick cat frames with whitish interior. Send e-mail marialidiamarcotulli@gmail.com

MM 6/29

LOST: KEYS ON YELLOW WRISTBAND. Diana - 207 -841-8139

DL 6/22

FOUND: SOME BOWLS AND ROLLING PIN left.at the Park after SunFest picnic. Pick up in backroom of Bookstore. Ananda

AB 6/15

LOST/LEFT AT SUN FESTIVAL POTLUCK AT PARK: light green pottery bowl with little notches for chopsticks, (a gift from my sister!) & pink glass salad plate with ridges. Plse call Claire, 415 895 1657. Thanks!

CB 6/13

FOUND: FISHING GEAR ON BEACH. Give description of what you lost and it's yours. - 302-0426

C6/8

CLASSES



Weekly Classes and Events Schedule

MONDAY

Somatic Exercise w/Cenize Rodriguez 8:45-10:00 am
Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30-6:30 pm
Yoga w/ Angela Sterpka 7:00-8:15 pm

TUESDAY

Senior Stretch W/Anna Gottreich 11:00 - 12:00 pm

WEDNESDAY

Pilates w/Lisa Townsend 8:30 - 9:45 am
Diaspora w/Amber Hines 6:30 - 8:00 pm

THURSDAY

USDA food bank 12 noon
Congolese Dance w/ Sandor 6:00 - 7:30 pm

FRIDAY

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 am
Ballet w/Erika Townsend (no class 4th Fridays) 10:30-12:00 pm
No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 pm

SATURDAY

Diaspora Dance w/ Amber Hines 9:00 - 10:30 am
LTDCo w/Lisa 10:45 - 12:30 pm

SUNDAY

CommUnity Night (see website for details) Noon - 6:00 pm

Call 868-2128, check the Library Marquee, Calendar in BCC Foyer or visit www.bocenter.org for more info & special events!

868hearsay@gmail.com

Submit articles, ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day. And how to subscribe to the password-protected web site and read the hearsay online.



Classified ads that are free

As a public service, the Bolinas Hearsay News will print ads in the categories **LOST & FOUND**, **FREE** and **RIDE SHARE** at no charge. Maximum approx. 20 words, it will run at least one week, often longer. Drop your ad through the slot in the door at our office on the left side of the PBUD building at 370 Elm Street. Or email to 868hearsay@gmail.com

FREE

PLAY STRUCTURE: LITTLE TYKES, PLASTIC, multicolored, for small children. Easy to move. Email and I will send a photo. s1idell@aol.com

SI 5/4

HEARSAY NEWS CLASSIFIEDS

Office Hours M.W.F. 9ish to 11ish. Call 868-0138
270 Elm at Maple, Left side of BPUD Building
Ad forms in smaller mail box, slot in door

SERVICES

CONFLICTS? DISPUTES?
WEST MARIN MEDIATION CAN HELP-
confidential, effective, impartial, free. 415 459-4036

SG X

BRUSH TO MEADOW TRANSFORMATION
Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking /
plowing / post-hole drilling. Don Murch -0921

DMX

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING
Dump Runs, Cow Manure, Recycling, Humane animal removal
- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

TREE SERVICE

Fine Trimming • Hedges • Removals • Brush Chipping
Insured #676377 Steve Ryan 868-1584

SRX

AIRPORT? HOWARD DILLON HAS
a Subaru SW for all Bay Area (& beyond?) destinations.
Many local refs 868-2144

HD x

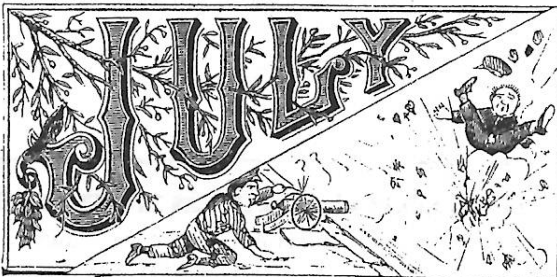
I CAN PET-SIT YOUR PET FOR FREE. THIS OFFER
lasts until my first customer- kittens, rodents, amphibians, birds
and reptiles. Call Pearl @ 9525

PW 7/22

NEEDED

RETIRED SENIOR AND ACUPUNCTURIST
/HERBALIST since 1994 is seeking housing in exchange for
help with household support and lifestyle enhancement. I am
well versed in healthy lifestyle of fresh, organic and/or vegan
diet, practice of gi gong and many other (TCM) modalities that
keep body, mind, and spirit in balance and strong, enhancing
longevity and brain function. Recent excellent pet and house
sitting references and two consecutive years as a winter
caretaker and housitter. If interested call Anne McNicholl
at 406-270-9062 or email at anneifiner@gmail.com

AM/7/22



NEEDED

SEARCHING: DOES ANYONE HAVE A FREEZER
they are planning to sell or donate? Will come and takes it away.
Please call Mimi -9275 or write < mcalpestri@gmail.com >

MC/7/22

THE FREEBOX NEEDS SOME NEW DOORS
A solid door or even better two doors. Approximately 30" x80"
Please contact StuArt - 2769

SA 7/24

HEALTH & HEALING

CAREGIVERS AVAILABLE
Excellent homcare
Call 868-1782 Anita and William Henry

CH x

June McAdams, RN
Compassionate and Skilled
Hospice Care Home Care
Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience
(415) 868-9052

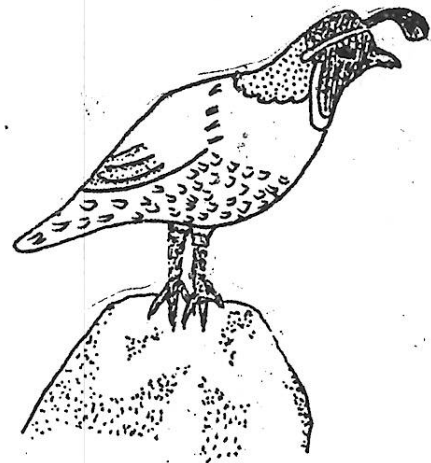
CHILDCARE AVAILABLE -NEWBORN TO 2 years.
Local Auntie, elder nanny. Call Jutta at 415-686-2549.

JR 7/29

FOR RENT

FOR RENT : ROOM FOR RENT FOR ONE PERSON,
please- on Horseshoe Hill Road. 1-415-868-1782

CH X



25 July

Furrinalia

Furrina was an ancient Italian goddess of springs. This festival is related closely to that of 23 July. Now is the time when a drought may begin to "bite," and the value of springs is appreciated. A good day to remember our vital reliance on sources of water.



26 July

Sleipnir

Sleipnir is the shamanic steed that can be used to travel to other levels or states of consciousness. The associated Asatru festival commemorates Odin's eight-legged steed, which takes the rider between the three worlds, from the upper one of the gods, Asgard, through our own middle one, Midgard, into the underworld of the shades, Utgard.



THE PAGAN BOOK OF DAYS
BY NIGEL PENNICK
SUBMITTED BY JUNE MCADAMS