

UNION STEAM BATHS 285 W. AIRWAY DRIVE 503-325-0651

IF YOU ARE NEW TO THE STEAM BATH, YOU MIGHT WANT TO FOLLOW THESE STEPS TO ATTAIN MAXIMUM ENJOYMENT.

ALLOW YOURSELF PLENTY OF TIME. UNDRESS IN THE AREA PROVIDED. TAKE OFF WATCHES AND LOOSE JEWELRY.

ENTER STEAM ROOM. YOU MAY WANT TO STRETCH OUT IN A RECLINING POSITION TO COMPLETELY RELAX.

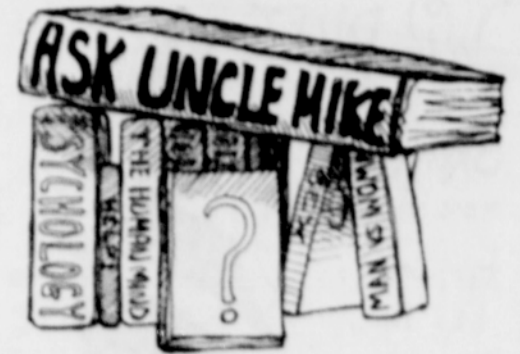
WELL STEAM TEND UNTIL DESIRED TEMPERATURE IS ACQUIRED. IF BREATHING IS DIFFICULT, BREATHE THROUGH A COLD WET WASH CLOTH. AFTER 10-15 MINUTES TAKE A REST IN THE DRESSING ROOM.

REENTER THE STEAM ROOM FOR ANOTHER 10 MINUTES. REPEAT THE PROCESS UNTIL YOU FEEL ENOUGH STEAM FOR YOUR OWN LIKING.

AFTER REPEATING THE CYCLE 2 OR 3 TIMES END WITH A SOAP AND WATER SHOWER AND KINSE WITH COOL WATER TO CLOSE PORES. DRY OFF INTO COOL DRY WEATHER. UNTIL YOU ARE DRY AND HAVE FINISHED RECYCLING, BE YOURSELF GET CHILLED.

WE HOPE YOU HAVE A WONDERFUL AFTER STEAM FEELING! CIGARETTES AND ALCOHOL ARE NOT COMPATIBLE WITH A STEAM BATH. PLEASE DO NOT DRINK ALCOHOL OR TAKE MEDICATIONS PRIOR TO YOUR STEAM BATH. IF YOU ARE NOT AN EXPERIENCED STEAM BATHER, DO NOT TAKE A STEAM BATH. DO NOT USE THE STEAM ROOM AS AN ALTERNATE TOY!

BUSINESS HOURS THURSDAY-SUNDAY 4:30-10:30 FRIDAY-SATURDAY 3:30-10:30



Dear Uncle Mike,
Does time have a stop?
Nervous in Lake Oswego

Dear Nervous,
Although your question is so loosely framed as to be dangerous, Uncle Mike is beside himself with glee that you asked. First, we repeat our mantra: there is no space, there is no time, there is only space/time. Feeling better, we press on. Black holes are as good a place as any to begin. You remember black holes? Warps in the fabric of space/time so profound that not even light can escape them. Gravitational sinks whose reason for being seems to involve recycling matter and energy by swallowing galaxies. Regardless of where you are, there is a black hole in your future. And no, you can neither run nor hide.

In the picture developed by Steven Hawking (who, it's fun to know, is able to visualize fifty pages of equations and find errors with his eyes closed), black holes are spherical (see, 'ball'), their interior surface traced out by the paths of virtual photons in their heroic and vain attempts to break free. A virtual photon is a photon waiting to happen. Virtual photons inside black holes never do. One can only imagine their frustration.

We will never see a black hole. There is, quite literally, nothing to see. Matter and energy are torn apart at the surface and inside, there are no 'things' to take part in 'events'. A poet might call this a veil drawn inexorably between that which is and that which might be. In fact, poets have.

Now then, Hawking believed until recently that, resting at the center of a black hole like the Buddha of Compassionate Inertia was a 'space/time singularity': a mathematical point of unspeakable density at which the laws of physics break down. It is the state the ancients, silly rustics that they were, described as 'ineffable': that about which nothing can be said, and about which anything said is true. For an image, one can do worse than to imagine a pregnant nothing.

Singularities have lately fallen from grace. Hawking (who invented quantum cosmology, which is what we're talking about) now believes the bottoms of black holes (imagine funnels in the warp and woof of observable reality) are curved. This curvature, you'll be excited to know, functions as a membrane through which Planck's constant (minimal differences between one event and another) ripples like a space/time synapse, transforming potential into what theory laughingly describes as the real world.

Does space/time have a stop? The equations we use to describe it break down at the velocity of light. The real question becomes, why is there space/time at all?
Don't ask.

Dear Uncle Mike,
My apartment building doesn't allow cats. Do fish make good pets?
Lonely in Hood River

Dear Lonely,
In a word, no. It is no accident that fish tanks are often used as bookends. Uncle Mike has no idea how lonely you are, but has difficulty imaging that fish will be of any help. Unless your fish is a shark, and it really shouldn't be, the level of excitement and companionship you'll share with your fish can be easily managed alone. Those who tell you fish are friendly are either not normal or fooling themselves. No matter how hard your day has been, or how much you need a pal, your guppy will not be there with a shoulder to lean on. There's a good chance it will not even know you are there.

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My only guru is my inner voice.
- Mother Teresa

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Villanelle

The soul in you is righter than all words,
more sane than sense, wise as all the trees,
and your flesh is like the flight of little birds.

There's music in your pretty eyes like chords
that play across the waves of misty seas --
the soul in you is righter than all words.

Your touch is like a May Day in the woods,
it covers me in laughter like a breeze,
and your flesh is like the flight of little birds.

You apprehend the sparkle of the stars,
the taste of berries, and the fall of leaves:
the soul in you is righter than all words.

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Holding you, it's as if our hearts
were beating with a kind of wild ease --
our flesh is like the flight of little birds.

The world inside your fingers turn to shards
of morning song, elemental melodies,
the soul in you is righter than all words,
and your flesh is like the flight of little birds.

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