

The Inner Door
 131 Sunset
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My only guru is
 my inner voice.
 - Mother Teresa

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

ALLOW YOURSELF PLENTY OF TIME. LADRESS 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.

PULL STEAM COVER 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 REPEATING THE PROCESS USE ENOUGH STEAM FOR YOUR OWN LIKING.

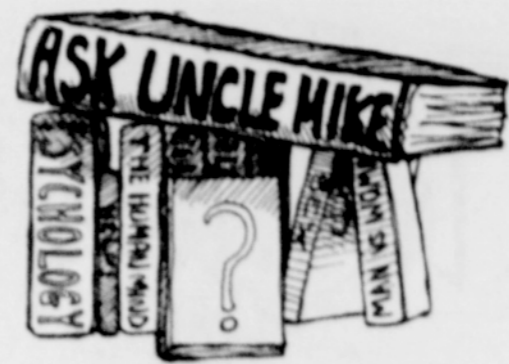
AFTER REPEATING THE CYCLE 2-3 TIMES END WITH A SOAP AND WATER SHOWER AND RINSE WITH COOL WATER TO CLOSE PORES. DRESS DRY INTO CLOTHES. WET WEATHER WEAR. YOU ARE DRY AND HAVE FINISHED PERSPIRING. OR YOU MAY GET COLD.

WE HOPE YOU HAVE A WONDERFUL AFTER STEAM FEELING! CIGARETTES AND ALCOHOL ARE NOT COMPATIBLE WITH A STEAM BATH.

WE ADVISE: ELDERLY PERSONS OR THOSE SUFFERING FROM HEART DISEASE, HIGH OR LOW BLOOD PRESSURE OR OTHER MEDICAL CONDITIONS SHOULD CONSULT A PHYSICIAN BEFORE USING A STEAM BATH. IF YOU ARE NOT AN EXPERIENCED STEAM BATHER, DO NOT TAKE AN HOUR LONG STEAM BATH. DO NOT USE THE STEAM BATH FOR AN HOUR OR MORE.

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

Dear Uncle Mike,
 I got dumped a while back and can't seem to let it go. I'm fine for a while, then somebody mentions her and I choke up. Usually, for me, when it's over it's over. This one is different. Any tips for the broken hearted?
 Mopey in Manzanita



Dear Mopey,
 Dozens.
 For starters, find another woman. Nothing tops the curative powers of someone who's not tired of you yet.
 Failing this, and from the sounds of things this could easily happen, cop to the fact that you're mentally unhinged. Not because you're shuffling around in your bathrobe asking Shakespearian questions of the universe. We all do that. You're unbalanced because you're living in the past. Not something any of us should try at home.
 Listen, booblah, the woman you loved is not just gone. She no longer exists, except as a selective memory you use to eviscerate yourself. What you're in love with is love. Good for you. Just don't imagine your nobility excuses you from rational thought.

Love, or at least the portions of it we can observe, is a whirlpool in a sea of space/time whose currents aren't the same even once. Can you dig? What the two of you experienced (and Uncle Mike doesn't doubt for a moment it was the stuff of legend) was a temporal phase entanglement of two spiritual waveforms masquerading as humans with spoken and unspoken agendas. Love, like real life, depends on who we are, where we're going, and what time it is.

Paths fork, stuff happens, things change.
 She's not who she was. For that matter, neither are you. And the home you're trying to get back to isn't there.
 No, you shouldn't call.

Dear Uncle Mike,
 What do you think of the Tonya Harding affair?
 Tracy M, in Astoria

Dear Tracy,
 As little as possible.

Dear Uncle Mike,
 Six weeks ago, I met the perfect man. Unfortunately, he's married. Our work throws us together and we've had lunch and dinner several times. Neither of us has made a first move. He's a perfect gentleman but the tension is building. Neither of us are kids. I've never had an affair with a married man but, though I know things could work out badly, I'm really tempted. What do you think?
 Ready for Adventure in Lake Oswego

Dear Ready for Misadventure,
 Uncle Mike thinks you're on the slick edge of one of the more spectacular lessons of your life. He wonders whether to cry or wish you bon voyage.
 Uncle Mike has seen this movie before. The weekends of gay abandon, the giddy sense of danger, the heady thrill of dishonesty and guilt. Who can deny the pleasure involved in denying, not just personal realities and values, but those of unsuspecting bystanders as well? Once the bloom wears off, the fun never starts. Nothing brings loved ones closer than divorce, right?
 At risk of sounding corny, kiddo, Uncle Mike would remind you to remind yourself of (yawn and giggle) the golden rule.
 If you were married to this guy, would you mind if he had a fling? Wouldn't hurt a bit, would it? Wouldn't shatter your life at all. There are wheels of karma, and they do grind fine.
 Uncle Mike does applaud you for finding the perfect man and urges you to contact the Smithsonian immediately.

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