

UNION STEAM BATHS

285 W. MARINE DRIVE
503-325-0651



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

1. ALLOW YOURSELF PLENTY OF TIME. LADRESS IN THE AREA PROVIDED. TAKE OFF WATCHES AND LOOSE JEWELRY.
2. ENTER STEAM ROOM. YOU MAY WANT TO STRETCH OUT IN A RECLINING POSITION TO COMPLETELY RELAX.
3. AFTER REPEATING THE CYCLE 2 OR 3 TIMES END WITH A SOAP AND WATER SHOWER AND RINSE WITH COOL WATER TO CLOSE PORES. DON'T GO OUT INTO COOL WET WEATHER UNTIL YOU ARE DRY AND HAVE FORGOTTEN PERSONAL USE YOU MAY GET CHILLED.

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

WARNING: ELDERLY PERSONS OR THOSE SUFFERING FROM HEART DISEASE, HIGH OR LOW BLOOD PRESSURE OR OTHER PHYSICAL DISORDERS SHOULD CONSULT A PHYSICIAN BEFORE USING A STEAM BATH. IF YOU ARE NOT AN EXPERIENCED STEAM BATHER, DO NOT OVER DO YOUR TIME IN THE STEAM BATH. DO NOT USE THE STEAM BATH AS AN ANESTHESIA TEST.

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

CANNON BEACH MASSAGE

LICENSED MASSAGE THERAPY
ROSALIND CUSACK, LMT
OREGON & WASHINGTON

P.O. BOX 1224
CANNON BEACH, OR 97110
(503) 436-2425

Therapeutic Massage
Stress Reduction
Aromatherapy
Herbal facials
Home Visits avail.

JUDY BETZER
Licensed Massage Therapist

By Appointment
(503) 738-5684
Seaside, OR 97138

THERAPY

Available at
The Cannon Beach Book Company
& The Cannon Beach
Chamber of Commerce

The PERFECT Cannon Beach Gift



Bits & Pieces

A BOOK OF POEMS BY
BARBARA GRAY
ILLUSTRATED BY NINE (9)
CANNON BEACH ARTISTS

All proceeds are given to the
Cannon Beach Children's Center

Still only \$10



HOPE L. HARRIS

LICENSED MASSAGE THERAPIST
503/ 325-2523

YOU COULD WIN THIS BEAUTIFUL DRUM

YES! WIN THIS BEAUTIFUL DRUM
BUILT BY OREGON COAST ARTIST JEWELER-DRUMMAKER DEAN BOHDE
PAINTED BY OREGON COAST ARTIST DON OSBORNE

Simply buy a "raffle" ticket
\$1 each or 6 for \$5
The Drum will be on display at
The Osborne Gallery in Manzanita and throughout the area.

RAFFLE TICKETS AVAILABLE AT:

View of the West County Inn - Wheeler
Osborne Gallery - Manzanita
Flying Saucers - Astoria

Jupiter Rare & Used Books - Cannon Beach
The Store - Cannon Beach
Bill's Store - Cannon Beach

ALL PROCEEDS ARE FOR THE OREGON COAST SUPPORT GROUP
FOR ITS NATIVE AMERICAN SUPPORT ACTIVITIES.

For information call:
Diana Stevens 1425 W. Coast Highway 1000 in Don 97104 1918
Raffle To Be Held At Our September 1984 Fundraiser

VICTOR H. PLUCY, M.A.
Counseling, Psychotherapy
Individuals, Couples & Families
436-9225

Washington State License
NF 20000400

CANNON BEACH BOOK COMPANY
P.O. Box 634
132 North Hemlock
Cannon Beach, 436-1301

SHARE THE PAIN
CLATSOP COUNTY WOMEN'S CRISIS SERVICE
325-5735
ASTORIA

Christina Stanley RN, IBCLC
Lactation Consultant
Breast Feeding Assistance
Medela Breast Pump
Rental Station

P.O. Box 201
179 Coolidge
Cannon Beach, OR 97110
(503)436-0161

Acupuncture — Chinese Herbs — Massage

神

Bob Rice L.Ac.
P.O. Box 193
Cannon Beach, OR
97110
436-1911

RAINY DAY BOOKS

NEW & USED BOOKS
• Greeting Cards •
Buying & Trading Quality Used Books
(503) 842-7766
2015 2nd Street • Tillamook, OR 97141

The Inner Door

Transpersonal Counseling
for Conscious Living
Women • Men • Couples

131 Sunset Blvd • Cannon Beach • 436-0410
Dana C. Anderson, M.S. - Director

Good News! The Inner Door is not changing locations!

- Fri, Sept 9 • Dances of Universal Peace • Frank Milan
7:30 pm, \$2. Families welcome!
- Film Series - "Women of Spirituality" - For Men & Women
No charge, 7:30 - 9 pm
Mon, Sept 12 - "Full Circle"
Mon, Sept 19 - "Nuns Behind the Veil" - Part I
Mon, Sept 26 - "Nuns Behind the Veil" - Part II

WHERE TO GET AN EDGE

CANNON BEACH: Jupiter's Rare and Used Books, The Cookie Co., Coffee Cabana, Bill's Tavern, Osburn's, Cannon Beach Book Co., The Bistro, Midtown Cafe, & Once Upon a Breeze
MANZANITA: Manzanita News & Espresso, Cassandra's, & The Video Store
TILLAMOOK: Muddy Waters Tea & Coffee Co., & Rainy Day Books
NESKOWUM: The Hawk Creek Cafe
PACIFIC CITY: The River House
LINCOLN CITY: Trillium Natural Foods, Lincoln City Library
NEWPORT: Don Petrie's Italian Food Co., & Oceana
EUGENE: The WOW Hall, KLCC, & Oasts
SALEM: Heliotrope
ASTORIA: K-MUN, Columbia Cafe, the Community Store, & Cafe Uniontown
SEASIDE: Buck's Book Barn, Universal Video & Cafe Espresso
PORTLAND: The Goose Hollow Inn, Powell's Books (Two Locations), Music Millennium (Two Locations), The Laurelthirst, Key Largo, East Ave. Tavern, and many many more.....

Cascade's
MOUNTAIN SPORTS
Run By Skiers for Skiers
1533 N.W. 24TH
PORTLAND, OR 97210
(503) 224-4746

SOMETIMES A GREAT LOTION

• Fine Lingerie and Sleepwear
• Custom Scented Lotions
• Bubble Bath & Massage Oils
• Scarborough & Co. Home Fragrance Products

436-0129
239 N. Hemlock #3 Cannon Beach

JOYCE L. COCHRAN, M.S.W., A.C.S.W.
PSYCHOTHERAPIST
Jungian-oriented Depth Psychology approach
to issues of growth, transition, spirituality, gender
(503) 398-5631
P.O. Box 114 • Beaver, Oregon 97108