


# Therapy Page

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**Bob Rice L.Ac.**

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Dear Uncle Mike,  
I recently learned that my fourteen year old daughter, we'll call her Monica, has stopped wearing panties. I don't count myself a prude, but I must admit I am concerned. She says she's not sexually active and, for the most part I believe her. She says a lot of her friends don't wear underwear and that she feels more comfortable without it. What do you think?

Concerned Mom in Portland

YOU CAN'T BEAT A WIDEN



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**HOPE L. HARRIS**

LICENSED  
MESSAGE  
THERAPIST



503/ 325-2523

Dear Concerned,  
About what? Before Uncle Mike rolls up his sleeves to deal with your problem, he would first like to point out that you don't have one. On the off chance you've just emerged from a coma, Mr. Rogers' Neighborhood is not what it once was. Children your daughter's age carry guns, shoot drugs, mug pensioners, and set winos on fire. Perspective established, we press on.  
If you're looking for moral support, you've knocked on the wrong door. Although Uncle Mike wears underwear himself, he sees no reason to expect the rest of humanity to follow him like sheep. If Monica and her friends feel more comfortable with one less layer of fashion, more power to them. Albert Einstein didn't wear socks.  
Uncle Mike wonders what exactly is your concern. That your daughter is slightly more naked than you thought she was? Who in their right mind would care? As long as Monica favors pants and long skirts, this shouldn't pose a problem, either to herself or to innocent bystanders. That she's turned into a lying little slut? All things are possible, but unless the evidence involves more than what you've trotted out, Uncle Mike would caution against jumping to conclusions.  
Testing his convictions, Uncle Mike spent a day without underwear. He did not feel any more lascivious than usual. He only felt cold.

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Dear Uncle Mike,  
My friend and I have a bet. I say since you're a whiney, self-righteous liberal, you voted yes on Measure 16, the so-called right to die initiative. For once your opinion is worth twenty bucks to me.

Reluctant Reader, Garibaldi

**CANNON BEACH MASSAGE**

LICENSED MESSAGE THERAPY

**ROSALIND CUSACK, LMT**  
OREGON & WASHINGTON

P.O. BOX 1224  
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(503) 436-2425

Dear Repugnant Reader,  
My, we certainly know how to put our best foot forward, don't we?  
Before telling you that how he voted on any issue is less your concern than intimate details of his mating habits, Uncle Mike would first like to suggest a place to put your stereotypes.  
While Uncle Mike can be on occasion whiney and self-righteous, he would cheerfully open a vein before being a liberal. Uncle Mike is a fullblown leftist, which in today's political climate makes him the sort of conservative who regards George Bush and Rush Limbaugh as fascists. If you must know he's a little worried about Madonna too.  
As a conservative, Uncle Mike believes devoutly that our bodies and their contents, to include urine and fetuses, are our own. Whose else, pray tell, would they be? In the words of Ollie North's hero, Patrick Henry, "Give me liberty or give me death." In some cases, cupcake, they're the same thing.

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An honest god is the noblest work of man.  
Robert G. Ingersoll

YOU  
DO NOT HAVE TO LOVE WHAT I LOVE  
YOU DO NOT HAVE TO SING WHAT I SING, YOU  
DO NOT HAVE TO PRAY HOW I PRAY, YOU DO NOT HAVE  
TO DANCE LIKE I DANCE, YOU DO NOT HAVE TO LAUGH  
AT MY JOKES, YOU DO NOT HAVE TO KISS WHAT  
I KISS AND THAT IS WHY I CELEBRATE AND  
YOU SHOULD CELEBRATE WITH  
ME

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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. 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.

PULL STEAM CORD UNTIL DESIRED TEMPERATURE IS REACHED. 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 OR 3 TIMES END WITH A SOAP AND WATER SHOWER AND RINSE WITH COLD WATER TO CLOSE PORES. DON'T GO OUT INTO COLD OR WET WEATHER UNTIL YOU ARE DRY AND HAVE FINISHED PERCUSSION, OR YOU MAY GET CHILLED.

WE HOPE YOU HAVE A WONDERFUL AFTER STEAM FEELING!

WARNING! SMOKE, CIGARETTES AND ALCOHOL ARE NOT COMPATIBLE WITH A STEAM BATH. IF YOU ARE NOT AN EXPERIENCED STEAM BATH USER, DO NOT DRINK OR TAKE DRUGS IN THE STEAM ROOM. DO NOT USE THE STEAM ROOM AS AN ALCOHOLIC TOY.

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

**Christina Stanley RN, IBCLC**  
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