

NEW Leavenworth skate park grand opening this Friday!



## Leavenworth's landmark Tumwater Restaurant forced to close

By IAN DUNN  
EDITOR

The Tumwater Restaurant is gone. That is a tough one, especially for the locals who have grown up with the restaurant, working there, dining there, celebrating there. After decades in business, the Tumwater Restaurant was forced to close its doors last week, a shock to many in the community.

Sandy Owens-Carmody has owned the restaurant since 1987. She bought it with her ex-husband. After they divorced in 1995, she took out a bank loan to buy out her husband's interest and become sole owner. It was a tough time, she remembers, because of the '94 fires.

"The restaurant has always had the iconic reputation in the valley. Folks would come dancing. There was bowling

downstairs. It's tremendously sad for me and my team, but it really has been one of those iconic businesses in the Wenatchee Valley," Owens-Carmody said.

When she first bought the restaurant, the building was going into foreclosure. Folker Maninger bought the building and gave it the Bavarian theme. Bob Duncan built the overhang roof, Herb Scraml did the paintings on the outside and the late Chet Endrizzi did all the signage.

Owens-Carmody was very appreciative of Maninger's work to maintain the building over the years.

"Folker did the major remodel in '92-'93. They were part of the community, donated time to festivals, just did all kinds of things. As time went on, Folker listed the building in 2001-2002, a gentlemen from Seattle bought the building. The was our first absentee owner," she said.

As turned out, when that first out-of-town owner took over, the difficulties began.

"If they don't live in a community, they're not invested in it. They are in it for them and to make money. That is not to sound mean. There are many people in this town who have businesses in buildings that are going through difficulty. Even when we have a huge fire, the person who owns the building is still getting their rent. The person taking the impact is the business owner," Owens-Carmody said.

The people that own the building now are Eric and Kathy Beckes of Mercer Island.

"It appears their intention is to be absentee owners. It's unfortunate because if you want to have a building in this town, we're a four season town. We're busy. You have to do the maintenance and do the upkeep. You can't expect your

businesses to be running the show," she said. "Particularly from 2005 to 2015, we were home alone, so to speak. That is just a really sad way to run a building. This is my opinion based on what I've lived. I'm not trying to slam anyone. Unless you are physically someplace, you can't understand what is going on."

Owens-Carmody said they listed the restaurant for sale in 2015 mainly because of the terrible amount of deterioration that was going on at the building. With no sale forthcoming, she said they fully planned on renewing their lease and started discussions with the Beckes on that 20-months ago.

It seemed everything was going well. Out of the blue, they were informed by mail the lease would not be renewed.

"I had it listed through that year, then these folks bought the building. They assured us they would fix it up. They wanted everyone to do well in the building. They just want to be good landlords. We believed them. Call it naive. Call it too trusting. That is how my husband and I feel. I feel so stupid," she said.

It really did not come down to money, she said.

"We never thought for a minute they were not going to renew our lease. We had a 4-and-a-half hour meeting with them in January of 2016, 20 months ahead of the deadline. My only worry was how much they were going to increase the rent. I wondering how we were going to afford that," Owens-Carmody said. "Since being closed, this person told me they were contacted by them about renting this spot. It's really hurtful this was all going on behind our back. Why not just be honest? They want to see a fancier restaurant in there or

## Ponderosa Breakfast



Photo submitted by Heidi Swoboda  
The Ponderosa 4-H Club held their 61st Annual Chuckwagon Pancake Breakfast Fundraiser on July 4 at Lions Club Park. 4-H member Rory Swoboda is busy decorating the Lions Club Park for the breakfast.



Photo by Ian Dunn  
The Tumwater Restaurant officially closed its doors last week. The sudden closing caught many in the community off guard. The Tumwater has been operating for many decades.

whatever they're vision." Tumwater is a family style restaurant, she said.

"We're not on the caliber of Visconti's or the Watershed Cafe. We've always been a locals' place, family restaurant. A lot of people in the valley have good memories there. They come during the holiday season or birthdays. That was the niche we filled. You need something for everybody and that's what we tried to do," Owens-Carmody said.

Owens-Carmody said they received the letter on April 3. There was no call, no conversation.

"It's frustrating to have a meeting like that, then all the communication, like the parking lot being paved, seeing

these people, calling, texting," she said. "They wanted to rename the mall Tumwater Mall. That sign is up on the building. In our mind, we figured we were their anchor business. There had been a lot of turnover because the downstairs locations are hard. It's like Front Street to a side street."

For a business that had been there for decades, Owens-Carmody thought a decent landlord would at least give them a year. When the doors finally closed, it was a shock to everyone. There were even flowers on the front porch, like there was a death or something.

SEE TUMWATER CLOSES ON PAGE 2

## Chumstick location is preferred site for new PUD substation

By IAN DUNN  
EDITOR

The Chelan County PUD is zeroing in on selecting a site for the new substation in the Leavenworth area. The PUD made a presentation to the Leavenworth City Council on July 11, the same one they had made before PUD commissioners the night before.

John Stoll, the managing director of Customer Utilities, said the recommendation on the Chumstick site was made in May.

"The feasibility report supports that recommendation. We'll talk about the next steps to talk about siting this much needed substation in the growing Leavenworth community,"

Stoll said. "We've been at this going on two years. This is a look back since March when we really started focusing on some sites, working with the community. We met with our board in March. At that point, we had three sites."

Initially, stakeholder feedback pointed toward site 14, the MEND site. Through March, Stoll said they were looking at property, power line easement, continuing discussions on what properties might entail moving forward.

"About that time, we did have the opportunity to discover a new property that came on the market. That is the Chumstick property that was owned by the Fishburne's. In working with our

community group, working with our board, the decision was made to purchase that site as another option," Stoll said. "It was a pretty desirable site when we looked at all the attributes and characteristics of siting a substation. We went ahead a purchased that, realizing if it didn't work out, we could surplus it and sell that property."

The consultant feasibility evaluation recommended the Chumstick site, which lined up with what the focus group had preferred and endorsed as well as the PUD board.

"At this point in time, we're recommending going forward with that Chumstick site, going to the next level, doing permit design and things of

that nature," Stoll said.

Project Engineer Gary Rice said there were 16 sites initially under consideration. That was narrowed down ultimately four sites on the backside of Rattlesnake Hill, a site owned by the city, two owned by MEND and the Chumstick site.

"We've looked at substation costs, earthwork costs, distribution costs, transmission costs. I summarized those into a range of costs for each site. The reason for the range is because of the variables we don't know yet. There could be an access road or groundwater mitigation, which only applies to a few sites. Chumstick has

SEE NEW SITE FOR PUD ON PAGE 2



Photo submitted by Teka Sellers  
The Chumstick location seems to provide that best cover to hide the substation from public view.

**THE LEAVENWORTH ECHO**

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Inside The ECHO this week	
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**COMMUNITY BULLETIN BOARD**

**Local, Regional Community News and Events**

**Who:** Any non-profit 501(c)(3) group, person(s) must submit full name and phone number.  
**What:** Items pertaining to local events that are free or minimum charge.  
 For two weeks only (space limited).  
**Where:** Email to: editor@leavenworthecho.com or editor@cashmerevalleyrecord.com  
 Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

**Other ways to advertise your News and Events:**

Garage and yard sale ads are paid events, please email these to classifieds@leavenworthecho.com  
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**Senior Center Events & Menus**

**Leavenworth Senior Center, 423 Evans St., Leavenworth**  
 Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.

- July 20, Thursday:** Beef Stroganoff, green beans, carrot salad, cherries, w/w bread, dessert.
- July 21, Friday:** Fish fillet sandwich, mixed vegetables, tomato / cuke salad, watermelon, sherbet.
- July 24, Monday:** Quiche, bacon & Swiss with mushrooms, spinach salad, pea salad, pineapple & cherries muffin.
- July 25, Tuesday:** Beef tacos and refried beans, Spanish rice, coleslaw, spiced pears, and custard.
- July 26, Wednesday:** Chicken chow mein, rice, egg roll, tossed veggie salad, grapes, fortune cookies.

**Event Calendar**  
 Monday, Wednesday, and Friday 10:00 a.m., **Gentle Exercise**  
 2nd Tuesday, 9:00 a.m., **Leavenworth Area Seniors' Council Board meeting**  
 Tuesday, 1:00-3:00 p.m., **Crafts**  
 Thursday, 1:00-3:00 p.m., **Square Dancing**  
 Friday, 6:00 p.m., **Bingo**  
 Saturday 6:30-9:00 p.m., **Music, Public Welcome, No cover charge**

**AA Meeting Schedule**

- Wednesday, 7 p.m.,** Alcoholics Anonymous, Leavenworth Senior Center, 548-4522, 664-6469 or 425-773-7527.
- Thursday, 7 p.m.,** Alcoholics Anonymous, Peshastin Light in the Valley Community Church, 8455 Main St. in Peshastin, 548-4522, 664-6469 or 425-773-7527.
- Friday, 7 p.m.,** Women's Alcoholic Anonymous, Leavenworth United Methodist Church, 418 Evans St., 548-6851.
- Monday, 6:30 p.m.** Narcotics Anonymous group meets every Monday at the Leavenworth Senior Center.
- 7 p.m.,** Al-Anon meeting, Leavenworth United Methodist Church, 548-7939.

**City Council Meetings**

- 7 p.m., Leavenworth Planning Commission,** City Hall Conference Room, Nathan Pate 548-5275 (1st Wed.)
- 9 a.m., Leavenworth City Council study session,** City Hall, Joel Walinski 548-5275. (2nd Tues.)
- 3 p.m., Design Review Board,** City Hall, Sue Cragun 548-5275 (2nd & 4th Tues.)
- 6:30 p.m., Leavenworth City Council meeting,** City Hall, Joel Walinski 548-5275 (2nd & 4th Tues.)

**Community Calendar**

- Wednesday, July 19**  
 8:30 a.m., **Aerobics,** Plain Community Church, \$1 fee Mon./Wed./Fri. 763-3621.  
 8:30 to 10 a.m., **Play and Learn Group,** Peshastin Head Start. Cheby Ledesma. 548-7614.  
 6:30 p.m. to 8 p.m., **Children and Youth program,** age 4-12th grade, Leavenworth Church of the Nazarene, 548-5292.
- Thursday, July 20**  
 8 a.m., **Leavenworth Chamber of Commerce,** Kristall's Restaurant, Paula Hessel, president. 548-5807. Everyone is invited to attend as a guest.  
**Noon, Leavenworth Lions Club, Kristall's Restaurant,** Barbara Dower (509) 393-2642.  
 6 p.m., **Autumn Leaf Festival Membership meeting.** Located at Kristall's Restaurant. Bill Forhan 670-1837.
- Friday, July 21**  
 11:45 a.m., **Leavenworth Rotary Club,** Kristall's, Mary Schiebler, 548-7115
- Monday, July 24**  
 8:30 a.m., **Aerobics,** Plain Community Church, \$1 fee Mon./Wed./Fri. 763-3621.  
 2 p.m., **Chumstick Grange Hall,** Helen Kensrud, 782-4086.  
 6:30 p.m. **The Upper Valley Free Clinic** evaluates urgent health needs; Dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND for inquiries: 548-0408.  
 6:30 p.m. **Young Life Club Monday Nights.** All high school age students welcome. TJ Kaapuni 509-679-3247.  
 7 p.m., **Cascade School board,** school district office. 548-5885.
- Tuesday, July 25**  
 9 a.m., **Cascade Medical Board Meeting,** Cascade Medical, 548-5815.  
**Noon, Upper Valley Women's Bible Study** at King Ludwig's, Delores Hall, 548-7803.  
 1 p.m., **Cascade Education Foundation,** Board Room at Cascade District office, Ken West 670-1729.
- Ongoing events**  
**Leavenworth Public Library, Mon. - Wed., 9 to 6; Thursday 9 to 8, Fri. 9 to 6.** Closed on weekends and Holidays. **Baby story time, Tuesdays 11:30 a.m.** **Preschool story time, Tuesday's 1:30 p.m.** Call 548-7923.  
**Peshastin Public Library, Tues., Thurs., Fri. 1 p.m. - 6 p.m.; Wed. 9 a.m.-2 p.m.** with Story Time 10:30 a.m. Closed Monday and weekends. 548-7821.  
**Upper Valley Museum, Thurs. - Sat. 10 a.m. - 4 p.m. and Sun. 11 a.m. - 3 p.m.** 347 Division St., 548-0728.  
**Leavenworth Fish Hatchery, 8 a.m. to 3:30 p.m.,** daily 548-7641.
- Regional events**  
**Tue. & Thur. 1 to 4 p.m., SCORE** (small business counseling), Wenatchee Valley Chamber of Commerce, 2 S. Chelan St., Wenatchee call for appointment, 888-2900.  
**3:30 p.m., Cascadia Conservation District Board Meeting** in the Upstairs Conference Room at the Wenatchee World Building, 14 N. Mission St., Wenatchee. For more information, call the District 436-1601. (3rd Thurs.)  
**1 to 4 p.m., Master Gardener Clinic,** WSU Chelan/Douglas County Master Gardener Plant Clinic, 1100 N. Western Ave., Wenatchee. 667-6540 (April to October) 1-4 p.m.  
 Some meetings or events may be rescheduled. Please check with the organization about the time.

**Leavenworth Leavenworth Lions Club Community Breakfast**

The Leavenworth Lions Club is holding a community breakfast this Saturday, July 22, 7 to 11 a.m. in the Lions Club Park. All-you-can-eat pancakes, eggs cooked to order, sausage, coffee, tea, and milk for only \$7 for adults, \$3.50 for children 4-10, free for children under 4. Come enjoy a hearty breakfast and visit with your local community members. Purchase a punch card from any Lions member for \$39. It's good for six adult breakfasts. For more information, call Joyce Stevens, 670-7527. (e29)

**NC Educational Service District announces school supply drive**

North Central Educational Service District (NCESD) has announced a school supply drive to benefit the Cascade School District. Collections will be accepted July 29 and Aug. 12 at Icicle Creek Center for the Arts. Donations will be accepted during two concerts. Cascade School District will provide a bus prior to each concert and accept donations of school supplies. Donors will receive a buy one, get-one ticket to a future performance at Icicle Creek Center for the Arts. A list of needed school supplies can be found at www.ncesd.org and www.icicle.org. (e29,30)

**Sports physicals are free August 1**

Cascade Medical and Cascade School District have teamed up to offer free sports physicals, 4-7 p.m. Aug.1, at Icicle River Middle School. First come, first served. No appointment necessary. Students must be enrolled in Cascade School District. Please bring a parent/guardian and wear gym clothes. If parents cannot attend, bring a signed pre-participation form, available online at cascadedmedical.org or from Cascade School District. Students who have potentially serious medical conditions may be referred to their primary care provider. Sports physicals are required for all middle school and high school athletes before

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the first practice, so don't wait! Can't make it Aug. 1? Schedule a sports physical with your primary care provider or call Cascade Medical at 548-3420. (e29,30)

**Peshastin Peshastin Library Ice Cream Social**

Peshastin Library's annual Ice Cream Social is Saturday, July 29 from 7-9 p.m. Enjoy cake, pie, ice cream, punch, and coffee on the library lawn while visiting with friends and neighbors. The Saddle Rockers will be performing a lively blend of bluegrass, country swing, and vintage rock. Children can ride the auxiliary fire truck. Jump for Fun Inflatables will have a bouncer for children and there will be a few carnival games along with face painting and a cake spin. Adults and kids can browse the used book sale throughout the evening. Come and support the Peshastin Library. Any questions, contact Jill Clevenger, 548-5043. (e29,30)

**Cashmere Collage and Mixed-Media Art Event**

On Friday, July 21 there will be a Collage and Mixed-Media Art Event at the Cashmere Public Library at 10 a.m. Hosted by author and illustrator Elisa Kleven, this free event is for all ages of kids who are budding artists or authors. Come and learn from the author herself as you use your imagination to create a beautiful piece of art. Call 782-3314 for more information. (er29)

**NCRL Puppet Show**

The Cashmere Public Library will be hosting a NCRL Puppet Show put on by NCRL Puppeteers on Tuesday, July 25 at 10 a.m. The whole family will love watching these funny puppets perform adaptations of original fairy tales and folk tales. Call the library at 782-3314 for more information. (er29)

**Lake Wenatchee Lake Wenatchee State Park summer programs**

At 2 p.m. on Saturdays, July 29 and Aug. 26, the Lake Wenatchee Fire and Rescue Department will provide a Junior Ranger program featuring fire safety information, demonstrations and hands-on involvement with fire trucks, water supplies, firefighter gear and emergency vehicles. (e27,28,29)

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## Leavenworth Summer Theater presents family favorite musical, Annie

By IAN DUNN  
EDITOR

For the first time, Leavenworth Summer Theater (LST) is presenting the musical, Annie. Director Paul Atwood has some history with the show. When he was a young man, his parents took him and his sister to see the show in Seattle. He was hooked on theater.

About 15 years ago, he directed Annie as part of the first Apple Blossom show at the Performing Arts Center. His been involved with LST over the years too, directing Guys and Dolls, The Music Man and The Sound of Music. "All my kids have been in the Sound of Music. My wife has been in the Sound of Music, so I'm very familiar with Leavenworth Summer Theater," Atwood said. "We took a few years off. I was doing more of the kids stuff, being Von Trapp children. Then, they asked to do Annie. I was actually in last year's production of Beauty and the Beast. It was great to be back again. I forgot how much I missed it."

Atwood said he really likes experiencing not just the local talent, but also the college students who come to town to try out for the shows. He believes summer stock is where these students can really hone their craft.

Casting for Annie was a lot of fun.

"It was great because I got to pick from the cream of the crop. I had girls from Seattle trying out, not just local. It was great for the orphans. The gal playing Grace is a grad from the Whitworth drama department," Atwood said. "There are a bunch of Central kids. I have Ernest Palmer playing Daddy Warbucks. I met him last year

playing, we were opposite each other. He was the Candlestick and I was Codsworth. We established a good friendship. He's fantastic. He's going to blow it out of the ballpark."

Playing Annie is Aubrey Thomas, a young performer who's already appeared in Fifth Avenue shows in Seattle.

"I have the little performers that are already seasoned actors. It has been a joy," Atwood said. "The gal who plays Miss Hannigan is from Seattle and is funnier than funny."

LST founder John Wagner is part of the cast too.

"The funniest thing about that. The first time I did Annie. He played FDR. He's playing FDR again. As long I can keep him in a wheelchair and not standing up. He is like 7-feet tall. He is awesome, just great," Wagner said.

The first dress rehearsal went off without a hitch. Atwood said he can breathe a lot easier now.

"You always wonder if this is going to work or not. They just step up to the plate. I'm amazed at this process. I wonder if people are going

to laugh. This is a musical comedy, based off a comic strip," Atwood said. "What is so funny and strange, this was written by three middle aged men back in 1975, during Watergate and Nixon. It really resonates and packs more of a punch in today's era."

Certainly, since the show so well known, that does add to the pressure. Atwood says he's not an artist, but an entertainer. He feels if the show can make him laugh, it should be pleasing to the public.

Certainly, the orphans will capture your attention.

"They're going to come out loving everything, but they're going to come out and say that kid cast was strong. The orchestra, Jewel Iwasa is the conductor. He's gathered some of the cream of the crop with this orchestra. The orchestra is amazing," Atwood said. "I think people are just going to love it. After the dress rehearsal, I feel a lot of better."

Annie opens tonight at the Hatchery Park Stage.

Ian Dunn can be reached at 548-5286 or editor@leavenworthecho.com.



## Dedication

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Photo submitted Susan Huffman

The orphans reportedly will steal the show in the production of Annie which debuts tonight at the Hatchery Theater. Here, the orphans sing, it's a hard knock life.

## Yard waste, brush drop-off site to open in Leavenworth on July 2

SUBMITTED BY JILL FITZSIMMONS

Chelan County Public Works will be opening a drop-off brush yard on East Leavenworth Road in Leavenworth to service homeowners and businesses in the apple maggot quarantine area of western Chelan County.

The site, which opens on Friday, July 21, is located at the Chelan County day pit on East Leavenworth Road, near the intersection of Icicle Road. It will be open once a week; hours are 8 a.m. to 3 p.m. on Fridays. The site will be closed November through March.

Cost is \$10 a cubic yard, with a minimum fee of \$10. Brush, tree and bush trimmings,

garden waste, needles and leaves will be accepted at the new drop-off site. No rocks, dirt, sod, lumber or garbage is allowed.

Chelan County Public Works' Solid Waste Department opened the site after several residents and businesses expressed an interest in having a brush drop-off service available in the apple maggot quarantine area. Brush and yard waste generated in the quarantine area should not be taken to a pest-free zone.

Residents and businesses are reminded that the Dryden Transfer Station, which is in a pest-free zone, does not accept brush and yard waste from the apple maggot quarantine area.

of western Chelan County, which includes Leavenworth, Plain and Lake Wenatchee. Residents living in the quarantine area also should keep tree limbs and cuttings, brush, grass and homegrown tree fruit out of their household garbage.

Businesses and residents are responsible for knowing where the quarantine boundaries are so they do not transport plant waste from a quarantine area to a pest-free area. The Washington State Department of Agriculture's website has a searchable map to determine if a specific address is inside or outside the apple maggot quarantine area.

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# Numbers schmunbers

Laura Ingraham asked a Republican an interesting question last week. She pointed out that Republicans always try to appeal to voters with numbers and logic while Democrats always try to make their appeal based on emotion.

Democrats, for example, drag out the story of some individual with a horrible disease or other problem they cannot get help for without a government program. They never quantify how prevalent their selected anecdote is in the general population or how much their program will cost.

They tug at your heart-strings but never mention the impact on your wallet.

Ingraham's question was when are Republicans going to learn to change their messaging to appeal to the hearts of voters. Of course the problem with that is how do we get Americans to recognize we cannot spend our way to prosperity.

Mention budgets and numbers and most people's eyes begin to glaze over. But the reality is we cannot ignore our common problem. There just is not enough money to fix all of the world's problems tomorrow. Just like our personal budget, we must prioritize and manage our national budget.

Regardless of political party our government has been notoriously bad at managing the budget. The reality is that spending is out of control. It has been out of control for decades and our national debt continues to grow with no plan in place to reduce it.

Currently, our national debt is about \$20 trillion. If you find it difficult to grasp that



**IN MY OPINION**  
Bill Forhan  
Publisher

number that is approximately \$160,000 for every household in America.

Congress is currently debating about when and if they should raise the "debt ceiling." The debt ceiling is an artificial limit on how much the government can borrow to support its profligate spending. If the government cannot borrow any more money then it has to start defaulting on paying its bills.

What bills will it stop paying first? Will it quit paying on the notes they issued to individuals? Will it stop making payments to social security recipients? Will it stop paying medical providers for their Medicare and Medicaid patients? Will they shut down all of the National Parks and Monuments? Will they lay off Federal employees?

The reality is there would be chaos. The reality is there would be people dying from the distress caused by the economic collapse.

Let's look at this another way. Suppose we all agreed to assume our share of the national debt - \$160,000 and to pay it off over the next 30 years at zero interest. The monthly payments for every household in America would be \$666.67 per month for 30 years. Add a very modest rate of interest - say 4 percent to that note and

the payments are \$969.57 per month.

That would not solve the problem though because the government is still spending more than it is receiving in revenue. In fact, social security will be paying out more in benefits than it receives in taxes as the baby boom generation starts collecting their retirement payments.

When originally passed in 1935 the average life span was 61 years, which meant few Americans would actually receive benefits from social security. Today life expectancy is around 84 years. The result is a perfect storm of a large surge in beneficiaries and a longer life span that results in a program that will continue to create deficit spending for the foreseeable future.

It is time for all of us to start acting like responsible adults and demand our government come up with a plan to balance the budget and get over the emotional appeals, lies and fear mongering.

We cannot expect the rich to bail us out. They don't have enough money.

Numbers may cause our eyes to glaze over but ignoring them dooms our children and grandchildren to a world where issues like individual freedom, clean air and water, health care and retirement planning are beyond the realm of possibilities.

We all become slaves to a government that promises to take care of us from cradle to grave.

Bill Forhan can be reached at 509-548-5286 or publisher@leavenworthecho.com.

## Letters to the editor

### Bavarian Dress

I am writing this letter after visiting Leavenworth for at least twice a year for over 40 years. I have noticed no one in the shops or restaurants wear the Bavarian outfits anymore. I enjoyed the full experience and hope to see it brought back. Could you address this at your next council meeting.

Thank you for listening.  
Regular Visitor  
Sandra Ball

### Dangerous Road

This letter is to make all aware of a campaign for donations to a very important cause. If your residence or work requires your travel on Icicle Road and the bridge across Wenatchee River, or if your business generates traf-

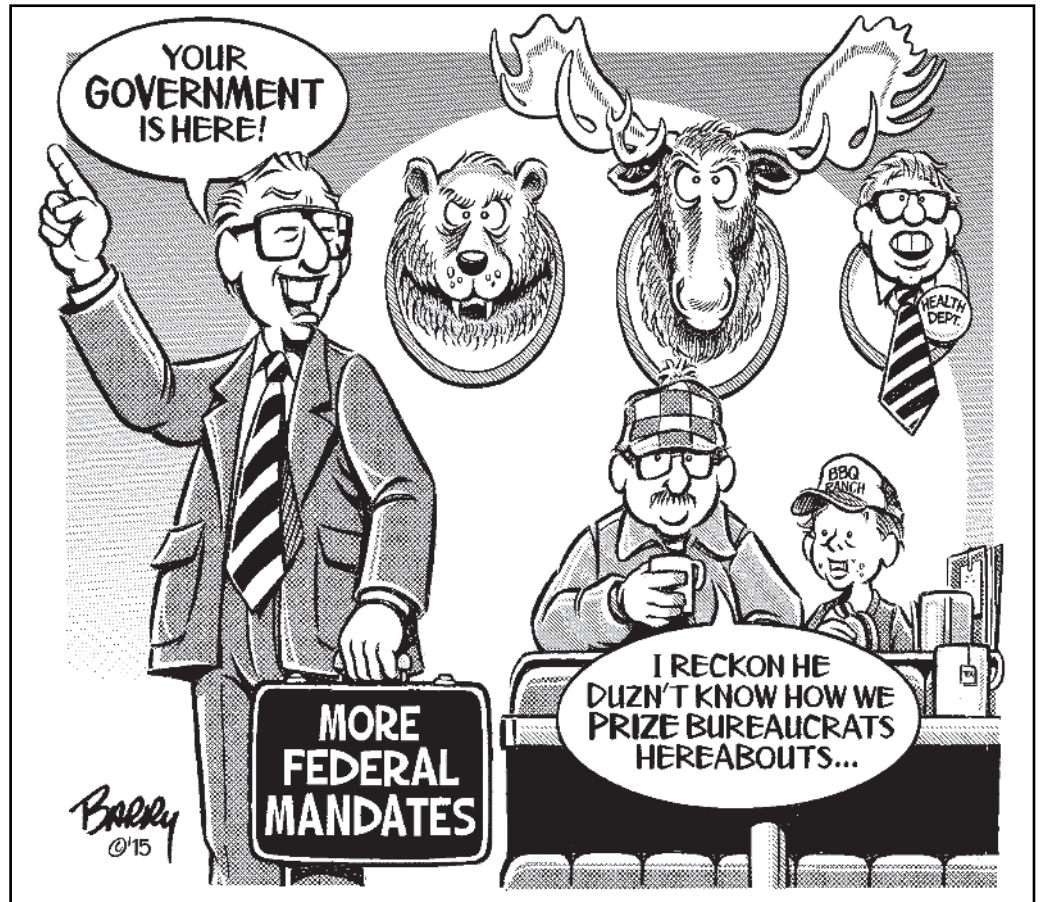
fic, and if you or your children walk or bike, etc. in this area, then you know the importance of this safety effort by a group called "Icicle Road Concerned Citizens."

Many people speed on Icicle Road, especially on the straight stretches. These people might just be late for work; it might be out-of-town visitors heading for a weekend of camping, rock climbing, or rafting; it might be trucks that service Sleeping Lady; or it could be cast, crew or ticket holders for Summer Theater productions! It could be any number of people speeding on Icicle Road for any number of reasons! However, the people who are speeding on the road and the bridge can't be paying attention to the speed they are going, nor are they thinking about the consequences if they

were to hit a biker, or walker, or horseback rider, or deer, or jogger, or anyone!

The possibility of hitting someone or having an accident is heightened while going across the bridge, as there is no legal sidewalk and no bicycle lane! This is why we are raising money for flashing lights at each end of the bridge, hoping to make people more aware of an unsafe situation. Perhaps it will encourage them to slow down, not only on the bridge but on Icicle Road itself. Please deposit a check in the account of "Icicle Road concerned citizens" at cashmere valley bank. Thank you so very much, to all who have already donated, and who have perhaps helped save a life!

MaryCarol Nelson  
Leavenworth



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## Q: How do I deal with dry mouth issues?

Ask...

Dr. Louise



At 85 years young, Keith is a former college basketball player and retired physical education teacher who's still fit and active. "I told my urologist I was having to get up 3-4 times a night to go to the bathroom, so he started me on this new medicine." Pulling out a bottle from his pocket, he handed it to me.

I looked down at the sample bottle of Vesicare®, a drug marketed for overactive bladder.

I asked him, "How is it working for you?"

"I was on the 5mg tablets first, but I didn't notice any difference so the Doc upped it to the 10mg tablets."

"Are those working better?"

"Not really. I did notice a difference at first, for the first couple days, but then it seem to stop working. Now I can't tell any difference."

"Are you having any problems or side effects from it?"

"What do you mean?"

"Keith, does your mouth feel dry since you started taking it?"

"Now that you mention it, yes. I've noticed that I drink a lot more water, and sucking on lemon drops seems to help."

It's estimated that over 30% of people older than 65 years have some degree of dry mouth. While healthy people can make up to 1.5 liters of saliva every 24 hours, people suffering from dry mouth, called xerostomia, make much less. Your salivary glands responsible for secreting saliva can be damaged by radiation to the head and neck for cancer treatment, or impaired by autoimmune diseases like Sjogren's, rheumatoid arthritis, or lupus. And some medicines can decrease tear production, saliva secretion, or both.

Saliva lubricates your mouth and helps you chew your food and swallow it without choking and also helps you enjoy it by spreading it over your taste buds. Moisture from your saliva protects the lining of your mouth and teeth from injury and infection, and contains very important antibacterial compounds that prevent tooth decay and gum disease.

The dry mouth symptoms Keith was experiencing are not just a nuisance, they can be painful and costly. The lining of your

mouth is more easily damaged when your normally moist tissue dries out. Without enough saliva, food sticks to your teeth and tongue, dramatically increasing plaque formation and causing tooth decay and inflamed gums.

When your gums get dry, they shrink and become more sensitive, affecting the fit and comfort of dentures. The sensation of a dry mouth often triggers sipping or drinking more fluids, which in Keith's case aggravated his problem that the bladder medicine was intended to help. After just a few days on the bladder medicine he found himself making nearly as many night trips to the bathroom as before.

### Here are 6 Tips on Dealing with Dry Mouth:

1. Review the medications you take regularly and ask your pharmacist if one or more of them could be causing your dry mouth symptoms. The most common reason for dry mouth is a side effect of a medicine. Mouth dryness can sneak up on you and create serious dental problems before you realize it. Unfortunately, every medicine marketed for bladder control causes dry mouth, some more than others. Keith drank more water to relieve his dryness, which caused him to urinate more and prevented him from getting much relief from his frequent nocturnal bathroom trips.

2. Avoid chewing or smoking tobacco, which interfere with saliva production.

3. Avoid chewing gum or sucking on hard candy sweetened by sugar. Sugar encourages bacteria in your mouth to produce more acid, which attacks your teeth and gums. I advised Keith to switch to a sugar-free version, like xylitol. Chewing gum with xylitol may help decrease the risk of caries. Keep it out of reach of your pets, however. Xylitol triggers a very rapid rise in insulin in dogs, causing a dramatic drop in blood sugar, confusion, seizures.

4. Take extra good care of your teeth.

Brush and floss twice a day, using a very soft toothbrush to reduce damaging your mouth. See your dentist regularly.

5. You can try a saliva substitute, such as a spray or gel. There are also small discs that you can stick to the inside of your mouth where baseball players put chewing tobacco. Over 80% of my pharmacist colleagues recommend a Biotene® product, either the dry mouth relief spray or the clear gel called Oral Balance.

6. If non-prescription products don't help, you can ask your doctor or dentist for pilocarpine drops, which you put in your mouth just before eating to directly stimulate your salivary glands.

Dr. Louise Achey, Doctor of Pharmacy is a 37-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at www.AskDrLouise.com

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# Neighbors

## Obituary

### Annette Louise Johnson Creech

Annette Louise Johnson Creech, born Sept. 18, 1931 at Stromsburg, Nebraska and passed away July 12, 2017 at Mountain Meadows in Leavenworth.

She was the only daughter born to Ivan and Annie (Munson) Johnson. She went to school at Polk, Nebraska and college at York, Nebraska. She was married to Wayne Creech on Sept. 14, 1952 in the Baptist Church at Polk, Nebraska. She loved life and it showed. She was a good mother to three children Lynette, Deborah and David.

She taught country school for about six years while Wayne was away in the Army. She worked as a cook in a cafe and from there she went to country clubs, hotels, and camps for kids. She



later worked as a cook for the Cascade School District, retiring after 23 years and then worked for the hospital in Leavenworth for another 10 years.

She is survived by her husband Wayne Creech;

daughter Deborah Piepel and son David Creech and son-in-law, Steve Enyeart; six grandchildren and six great-grandchildren. She was preceded in death by her parents; daughter Lynette, granddaughter, Stephanie and a great-grandson, Anthony.

A celebration of life will be held on Friday, July 28, 2017 at 10:30 a.m. at the Cascade Mountain Bible Church in Leavenworth. Private family interment will be at the Mountain View Cemetery in Leavenworth. Donations may be made in Annette's name to the American Diabetes Association or to the Cascade Mountain Bible Church.

Ward's Funeral Chapel Leavenworth is in charge of the arrangements

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An obituary is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data. Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later. Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to. Cost of the obituary/memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday. For information 509-548-5286. Or contact editor@leavenworthecho.com

## Get the word out

THE LEAVENWORTH ECHO  
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## Milestone



### Dorothy (Dottie) Schmidt

Dorothy (Dottie) Schmidt will be turning 90 on July 23, 2017. In honor of this accomplishment, we are asking people who remember Dorothy to send her a birthday card. Dorothy lived in the Cashmere Valley for over 40 years. She worked in the Cashmere School system for many years and became a hair dresser later in her life. She moved to Colorado 11 years ago to be with her family.

Mail cards to :

Dorothy Schmidt  
419 Adams  
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### CASHMERE

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Sunday School 10:00 a.m. - Worship 11 a.m.  
Bible Study, Wed., 7 p.m.  
Bob Bauer, Pastor  
www.cashmerebaptistchurch.com

#### CASHMERE PRESBYTERIAN CHURCH



303 Maple Street • 782-2431  
Sunday Morning Worship 10:30 a.m.  
Call for activities: Charles Clarke, Pastor  
Website: www.CashmerePres.org

#### CASHMERE UNITED METHODIST CHURCH



213 S. Division • 782-3811  
Worship and Sunday school at 10 a.m.  
Office Hours: Monday-Thursday  
from 10:00 am - 1:00 p.m.  
Rev. Lilia Felicitas-Malana, Pastor

#### CHRIST CENTER



Worship Celebration & Sunday School 10 A.M.  
Meeting at The Conservatory behind Apple Annie's  
Underground Youth Group, Sundays, 6 P.M. - 206 Vine  
Junior High, Wednesdays, 7 P.M. - 206 Vine  
Steve Haney, Pastor  
Andy Robinson, Pastor  
christcentercashmere.org (509)782-2825

#### EVERGREEN BAPTIST CHURCH

5837 Evergreen Drive, 782-1662  
Sunday School - 9:45 a.m.  
Morning Worship - 11 a.m.  
Evening Service - 6:00 p.m.  
christforcashmere.org • John Smith, Pastor

#### GRACE LUTHERAN CHURCH

Vine & Elberta Streets • (509) 680-0736  
Worship 10:30 a.m.  
Rev. Robert Gohl, Pastor

### CASHMERE

#### ST. JAMES EPISCOPAL CHURCH



222 Cottage Ave. • 782-1590  
Holy Eucharist 9 a.m.  
Rev. Carol Forhan, Deacon  
Rev. Rob Gohl, Vicar - Cell 860-0736

#### Our Lady of the Assumption

300 S. Division • Office: 548-5119  
Rectory: 782-2643  
Sunday Mass: 8:30 a.m.  
Spanish Mass: 12:30 p.m.  
Daily Mass Wednesday: 5:30 p.m.  
Friday: 9:30 a.m. Mass Convalescent Center  
Fr. Miguel Gonzales

### DRYDEN

#### DRYDEN COMMUNITY CHURCH

Hwy 2 at Dryden Ave. • 782-2935  
Sunday School 9:30 a.m. • Worship 10:45 a.m.  
Steve Bergland, Pastor

#### MID-VALLEY BAPTIST CHURCH

8345 Stine Hill Rd. Dryden, WA 98821. 782.2616  
Worship Service, 10 am, Sunday School, 9 am  
Mike Moore  
www.midvalleybaptist.org

### LEAVENWORTH

#### CASCADE MOUNTAIN BIBLE CHURCH

'Where God's Word Remains The Pillar Of Truth'  
11025 Chumstick Hwy. • 548-4331  
Sunday School 9:00 a.m.  
Sunday Worship 10:30 a.m.  
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AWANA (Youth Program)  
Wed. 6:30 p.m. (school year)  
Todd James, Pastor • www.cmbiblechurch.org

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418 Evans Street - 548-5619  
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children at 10 am. Nursery provided.  
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www.leavenworthumc.org

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#### CORNERSTONE BIBLE CHURCH

Leavenworth Grange Hall • 621 Front St.  
548-0748 • Sunday Worship 10 a.m.  
Weekly Bible Study/Fellowship Groups  
Monday & Wednesday 6:30 p.m

#### CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

10170 Titus Rd. (across from middle school)  
Meetings: Sunday - 10:00 am  
Church: 509 548-7667  
For any other information: 509 868-2620

#### FAITH LUTHERAN CHURCH

224 Benton Street  
Worship 9:30 a.m. w/coffee following  
Web: www.faithleavenworth.org  
Reconciling Works Congregation

#### FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street • (509) 290-0686  
Sunday School 9:45 a.m. • Worship 11 a.m.  
Michael Brownell, Pastor  
email: mkb3123@gmail.com

#### LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292  
Sunday Worship 8:45 a.m. & 10:30 a.m.  
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Pastor of worship & Youth: Associate: Brian Shubert  
Pastor to Children & Families - Becky Goodman  
www.lcn.org

#### Our Lady of the Assumption

145 Wheeler Street  
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Saturday Vigil 5 p.m. • Sunday Mass - 10:30 a.m.  
Spanish Mass - Saturday, 7 p.m.  
Parish Office - 548-5119 • Fr. Miguel Gonzales

### LEAVENWORTH

#### SEVENTH DAY ADVENTIST CHURCH

10600 Ski Hill Drive • 548-4345  
Saturday Services  
Bible Study 9:30 a.m. • Worship 11 a.m.  
Fred Smith • 509-860-3997

#### SPIRIT LIFE CENTER



210 Benton Street • 548-7138  
Sunday Worship 10 a.m.,  
Prayer 6 p.m.  
Wednesday Bible Study 6:30 p.m.  
Russell Esparza, Pastor

### MONITOR

#### Monitor United Methodist Church

3799 Fairview Canyon, (509) 782-2601  
Church Service & Sunday School 9:30am  
Pastor David Raines

### PESHASTIN

#### LIGHT IN THE VALLEY COMMUNITY CHURCH

8455 Main Street • 548-7517  
Sunday Worship 10 a.m.  
John Romine, Pastor • www.lightinthevalley.org

#### PESHASTIN ASSEMBLY OF GOD

School and Lake St. Peshastin, WA. - 509.860.1088  
Sunday Worship Service 10:30 am  
Bible Adventures for Kids at 10 am sharp  
Pastor Vern & Linda Watterud

### PLAIN

#### PLAIN COMMUNITY CHURCH

"Helping people connect with God and  
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Worship 10 a.m. • 12565 Chapel Dr. • 763-3621  
plaincommunitychurch.org  
Nursery (ages 1-3)  
Children's Church (ages 4-8)  
Pastor Jon Johnson



