Open House With EPCOR
Third Community Meeting On July 17, 2019
There have been several project, items, and events that have taken place that the community will have a chance to learn and ask about.
Continued on page 5

Pug Life & Bathroom Privacy
Dogs seem to love a captive audience and the bathroom is the perfect place to have an audience sit at dog-head height, just waiting to scratch some doggie ears!
Continued on page 11

Queen Creek Travel Advisory
Not a lot of difference this week from last week when it comes to road work projects. One project completed since last week with a few coming to an end soon.
Continued on page 16

Fishing Report
What’s Biting? Flagstaff-based Aquatic Wildlife Specialist Chuck Benedic recommends that anglers consider fishing early and just after storms during monsoon season.
Continued on page 7

Ozone Health Watch issued
Effective July 15, 2019, In The Phoenix Area
The Arizona Department of Environmental Quality is issuing a Health Watch for ozone effective July 15, 2019, in the Phoenix area. ADEQ recommends that people limit outdoor activity while the HW is in effect, especially children and adults with respiratory problems.
Continued on page 6
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Monday's Word Search Puzzle

Education Traffic Fishing

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Open House
With EPCOR

Third Community Meeting
On July 17, 2019

By Arizona Department of Environmental Quality

EPCOR will host a third community meeting July 17 to provide customers and the public an update on our recent work and what we’re planning for the months ahead. We’ll have representatives from EPCOR and Johnson Utilities on hand to answer questions. We value your input and encourage all to attend.

Johnson Utilities has been in the public eye again with restraining orders against the ACC, employee availability, and Section 11 Wastewater treatment plant having increased level of Hydrogen Sulfide.

This is the community’s opportunity to hear about the progress, efforts, and problems that have to be addressed.

Meeting Date:
Wednesday, July 17, 2019
6 to 7:30 pm

Location:
Central Arizona College – San Tan Campus
3736 E. Bella Vista Road, San Tan Valley, AZ 85143 ★STT

July 15 - 17, 2019
San Tan Valley Weekday Weather

Monday
High 112°
Low 82°
Plentiful sunshine. High 112°F. S winds shifting to WNW at 10 to 15 mph.

Tuesday
High 113°
Low 83°
Generally sunny. High 112°F. Winds WSW at 10 to 20 mph.

Wednesday
High 107°
Low 83°
Sunny, along with a few afternoon clouds. High 107°F. Winds WSW at 10 to 20 mph.
The Arizona Department of Environmental Quality (ADEQ) is issuing a Health Watch (HW) for ozone effective July 15, 2019, in the Phoenix area. ADEQ recommends that people limit outdoor activity while the HW is in effect, especially children and adults with respiratory problems.

Ground level ozone forms when two types of pollutants—volatile organic compounds (VOCs) and nitrogen oxides (NOx)—react in sunlight. These pollutants come primarily from automobiles, but also from other sources including industries, power plants and products, such as solvents and paints. Generally, the highest levels of ozone occur in the afternoon.

Health Impacts
People most vulnerable to the impacts of air pollution include children, older adults, adults exercising outdoors, people with heart or lung disease and those suffering from asthma and bronchitis. Exposure can increase the number and severity of asthma attacks, cause or aggravate bronchitis or other lung disease and reduce the body’s ability to fight infection. Symptoms may include itchy eyes, nose, and throat, wheezing, coughing, shortness of breath, chest pain and upper respiratory issues.

Please help reduce ozone by doing one or more of the following:

- Drive as little as possible, carpool, use public transit or telecommute
- Re-fuel your vehicle in the evening
- Avoid waiting in long drive-thru lines, for example, at coffee shops, fast-food restaurants or banks – park your car and go inside
- Use low-VOC (Volatile Organic Compounds) or water-based paints, stains, finishes and paint strippers – delay big painting projects
- Make sure containers of household cleaners, garage and yard chemicals and other solvents are sealed properly to prevent vapors from evaporating into the air

Arizona Department of Environmental Quality (ADEQ) | Provides hourly forecasts for air quality in certain areas of the state and issues HPAs or HWs when the appropriate conditions exist.
https://azdeq.gov/forecasting

Public Information Officer:
602-771-2215 (office)
602-540-8072 (cell)
★STT
Fishing Report
What’s Biting?
By Arizona Game And Fish Department
Continued from page 1

TIP OF THE WEEK
Top picks in the White Mountains region include: Silver Creek, West Fork of the Little Colorado River in Greer, Big Lake, Silver Creek, Fool Hollow Lake, Show Low Lake, Woods Canyon Lake, Willow Springs Lake and all the family-friendly creeks below the Mogollon Rim -- East Fork Black River, Tonto Creek, Christopher Creek, Haigler Creek were all stocked Thursday.

Our Flagstaff-based Aquatic Wildlife Specialist Chuck Benedict recommends that anglers consider fishing early and just after storms during monsoon season. Fishing is still excellent early in the morning on Lower Lake Mary. All stockings are on hold in this area for the next couple of weeks until rainbow trout at our Page Springs Hatchery reach a catchable size.

 Sounds like top-water boils are occurring more at Lake Pleasant. This particularly hot weather should make surface action explode. Ditto for Alamo Lake: the top-water action hasn’t been good yet, but this coming week could be on fire. Try being on the water, rigged-and-ready by 5 a.m. Lake Mead should also be on fire for striper fishing. There are some reports of good early morning surface “slurps” happening at Lake Powell, too.

Bartlett Lake in the Tonto National Forest tends to have the most consistent summer bass fishing in the state.

Queen Creek’s Free Ice Cream Social
Get All Your QC Questions Answered
By Constance Halonen-Wilson, Public Information Officer, Queen Creek
Continued from page 1

Cool off with your friends and neighbors at the Town of Queen Creek’s Ice Cream Social from 10 a.m. to noon on Saturday, July 20 at the Recreation Annex, 21802 S. Ellsworth Road. Hosted by the Queen Creek Town Council, the event provides an opportunity for residents to learn more about what’s happening in Town while enjoying a delicious Dilly Bar from Dairy Queen.

Whether you have a question about a roadway project, Census 2020, fire station locations or want to know more about new businesses coming to Town, the Ice Cream Social has your answers! Town representatives will be available to answer questions, share information and display upcoming projects.

In honor of Park and Recreation month, there will be a variety of free activities available for residents to Game On at this year’s Ice Cream Social. From music room fun to LIM Karate, sportball, Zumba, and more, there is something for everyone!

For more information about the Town, visit QueenCreek.org.

★STT
Monday's Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces.
Every row must contain one of each digit.
So must every column, as must every 3x3 square.

July 15, 2019
Low Cost Vaccination And Licensing Clinic

Save Money On Vaccinations And Licensing
By Pinal County Animal Care and Control

When & Where:
Saturday, July 27, 2019
8 AM – 10 AM
Pinal County Animal Care and Control
1150 S Eleven Mile Corner Rd,
Casa Grande, Arizona 85194

License Fees
• Unaltered Dog License $30.00 (annually)
• Altered Dog License $15.00 (annually)
• Three Year Altered Dog License $35.00
• Senior Citizen (62 yoa proof of age is required) Discount for Altered Dogs Only
• One Year License $6.00
• Three Year License $15.00
• Late Fee $2.00 per month for altered dogs
• Late Fee $4.00 per month for unaltered dogs

Rabies Vaccination Prices
• Current Contracted Price: $9.00

For more information about the event contact Pinal County Animal Care and Control:
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Local Recipes: Omelettes
Little Pockets Of Deliciousness

By San Tan Valley Fit Body Boot Camp

Today’s recipe is all about breakfast’s favorite little pocket of deliciousness: the omelette.

The awesome thing about omelettes is that they’re very customizable. You can make them healthier by substituting egg whites for regular eggs or by stuffing the inside with veggies. Or, pack your omelette with some healthy meats or fishes to get a rich serving of protein.

Add some salsa or avocado on the side to jazz up the flavor without ratcheting up the calories. You can even pair this meal with some sweeter breakfast options such as yogurt and fruit to get a balanced meal.

One thing to keep in mind with omelettes is that they usually have a lot of calories. Try not going overboard with your fillings for a healthier omelette experience.

Below are two unique takes on the traditional omelette. Happy eating!

**Egg White Chile Omelette**

**Ingredients**
- 1 teaspoon of olive oil
- 3 small tomatoes, finely chopped
- 2 (4 oz) cans of fire-roasted, diced green chiles
- 12 egg whites
- 2 tablespoons of water
- Non-stick cooking spray

**Instructions**
1. In a skillet, heat the oil over medium heat. Add the tomatoes and chiles, and cook until soft for about 3 minutes. Season with pepper and salt and set aside.
2. In a medium bowl, whisk the egg whites and water. Lightly coat a medium non-stick skillet with non-stick cooking spray and place over medium heat. Add 1/4 of the eggs and swirl to evenly coat the bottom of that pan. Cook until the eggs have set (about 2 minutes).
3. Use a rubber scraper to lift the eggs up, and let the runny uncooked eggs flow underneath. Spoon 1/4 of the chile mixture onto half of the omelette. Fold over and slide onto a serving plate. Repeat with the remaining egg whites and chile mixture.

**Nutritional Facts**
- Servings: 1
- Calories: 163
- Fat: 5g
- Carbohydrates: 6g
- Fiber: 2g
- Protein: 26g

**Smoked Salmon Omelette**

**Ingredients**
- 1 cup of egg whites
- 1/4 of a cup of non-fat cream cheese, softened
- 2 oz of smoked salmon
- Garlic salt and pepper to taste

**Instructions**
1. Whisk together the egg whites, cream cheese, garlic salt, and pepper. Coat a non-stick skillet with cooking spray and place over medium heat. Gently push the egg whites toward the center as they cook.
2. When the eggs are almost set, place the salmon on top. Cover the pan and cook for 30 additional seconds. Remove the lid and fold the omelette in half. Cut in half and serve.

**Nutritional Facts**
- Servings: 1
- Calories: 124
- Fat: 1.8g
- Carbohydrates: 2.5g
- Protein: 22.65g

★STT
Pug Life And Bathroom Privacy
Training Dogs And Humans For A More Enjoyable Life Together
By Susan Smith, East Valley Dog Training
Continued from page 1

Answers to questions are based on the information provided. It’s always a good idea to have your pet thoroughly examined by a veterinarian when having behavior problems. Although I can give general information and management suggestions on serious behavior problems such as aggression, issues such as these can be a very serious problem and a certified dog trainer should be consulted.

I have 3 pugs, Cecil 4, Odin 1 and Olga 4 months. Why do they always follow me to the bathroom? Leisa

Great question, Leisa – and I’m sure it’s one other people have, as well. First, our dogs like to know where we are. If we’re out of their sight, it’s not uncommon for them to come looking for us. Often, they’ll position themselves so they have two or more rooms in their sightline – such as the kitchen, living, and dining rooms. This way, they are able to keep tabs on us without having to get up. Of course, this varies, depending on the dog. Some dogs are more independent while others want to know where their people are.

However, the bathroom is kind of a special situation. This is speculation on my part, but I think the reason dogs follow us into the bathroom (women, especially), is because they have a captive audience. Here you are, sitting at dog-head height, just waiting to scratch some doggie ears! I know that for my dogs, this is an opportunity to get some real quality ear scratching and head massaging.

Personally, I don’t mind this behavior – I think of it as good quality time with my dog, sort of like when it’s just you and your kid in the car, which is a great opportunity to talk about things. However, if you do mind it, just close the door before they can come in. Eventually, they’ll get out of the habit of following you in, although they may wait outside the door forever!

Leisa has more fun doggie questions, which you will see in upcoming columns.

If you have questions for the trainer, please send them to STT@EastValleyDogTraining.com. Susan Smith, CDBC, CPDT-KA, is a dog trainer in San Tan Valley, AZ, specializing in pet dog training as well as cat and parrot training—from obedience behaviors to serious problems such as aggression. She can be contacted at sue@eastvalleydogtraining.com. Sue is also the owner of Raising Canine, LLC which provides professional education to animal trainers. ★STT
Leading Edge Academy Mountain View Names New Principal

By Erik Gray, Lead Charter Schools

Continued from page 1

Leading Edge Academy Mountain View has named Kristin Boatright as the new principal beginning with the 2019-2020 school year. Mrs. Boatright will move into this principal role after spending the last two school years as Assistant Principal alongside the recently retired Steve Butcher.

Mrs. Kristin Boatright began her career in education while her husband and family were stationed in Germany. She has taught 1st grade-6th grade as well as gifted education.

She began her work in administration as an academic coach for several years before finding her way to Leading Edge Mountain View in 2017 as Assistant Principal under the leadership of Mr. Steve Butcher.

As she moves into the role of Principal Mrs. Boatright is excited to continue to serve the Leading Edge Mountain View community of students and families. “I am truly fortunate to serve such a wonderful school and community and cannot wait to celebrate the growth in academics and the whole child in the coming year. It is a great day to be a Lion!” Mrs. Boatright believes that every student has the capacity for amazing things and each child has their own gift. She knows that the job of a school full of passionate educators is to ensure the facilitation and inspiration of those gifts. Mrs. Boatright feels every child deserves an opportunity to learn and therefore provides support to ensure that all students are placed in an environment that they will be most successful.

Parents are encouraged to meet Mrs. Boatright on August 1 at 6:30pm at the Leading Edge Academy back to school night.

Leading Edge Academy Mountain View is a K-8 campus that is part of the Leading Edge Academy Charter Network. The network has three additional geographical locations in East Mesa, Maricopa, and Gilbert, as well as an Online Academy for grades 6-12. More information about enrollment and locations is available on their website at www.leadingedgeacademy.com.

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Pet Adoption Highlight

Meet Poppy!
By Pinal County Animal Care and Control

Poppy A214687
Poppy is a three year old, German Shepherd mix at PCACC waiting to be adopted, fostered, or rescued! Poppy is a sweet girl, that loves to play with other dogs! If you would like to know more, give us a ring, or shoot us an email!

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There are currently only 7 active road projects within the Queen Creek area.

A big project completion took place last week with Combs re-opening at Rittenhouse after a month-long closure.

1. Cloud Rd EB and WB lane shift between Rittenhouse RD and Crismon road for water and sewer line install. Apr. 16 – Jul. 30; 24-hour

2. Hawes Rd NB and SB lane shift between Chandler Heights Rd and Via De Arboles for traffic light install. May 31 – Jul. 16; 8:30 am – 4 pm

3. Rittenhouse Rd NB lane shift at Combs Rd for road alignment work. Jun. 02 – Jul. 17; 24-hour

4. COMPLETED – Combs Rd full closure between Rittenhouse Rd and Meridian Rd was closed the past month for road alignment work. Combs Road is now open at Rittenhouse.


6. COMPLETED – Ocotillo Rd WB lane shift between Prince Rd and Ironwood Rd for bore, potholing and restoration work. Jul. 08 – Jul. 12; 8:30 am – 2:30 pm

7. Combs Rd EB and WB lane shift between Agate Trl and Painted Desert Dr for paving work. Jul. 08 – Jul. 31; 24-hour

8. Ellsworth Rd NB and SB lane shift between Queen Creek Rd and Ryan Rd with a NO LEFT TURN at Fulton Pkwy for asphalt work. Jul. 09 – Jul. 13; 24-hour
Road Work & Travel Advisory
Continued from page 16
Wildlife Of The East Valley
Rod Small’s Visual Journey
By, Rod Small
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