

Happy New Year! Happy fresh start

Banner Health's girls' Night Out- Little Black Dress night at Phoenix Art Museum

Get inspiration for keeping your better-living resolutions! Women in the valley are invited to put on their favorite black attire and let us show you how health is your best accessory.

Stroll the Phoenix Art Museum, enjoy artistic food selections from our chef, watch a fashion show, meet our health providers, and listen to Nationally recognized motivational speaker, Dr. Michelle May as she discusses how to eat mindfully. Michelle's passion, insight and humor stem from her personal struggle and professional experience. Her presentation and complimentary book will show how to completely change your thinking about food, how to eat mindfully—and live more vibrantly!



"A new year is a great time for a fresh start, so bring a friend, sister or mother for a memorable and meaningful evening," says Dr. May. Attendees will

be provided a copy of Dr. May's book *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*.

Little Black Dress event by Banner Health: A fun and festive girl's night out.

Date: Tuesday, Jan. 20, Time: 6-9:30 p.m.
Location: Phoenix Art Museum, 1625 N. Central Ave., Phoenix
Admission Fee: \$38
RSVP: (602) 230-CARE (2273) Web: www.BannerHealth.com/SpiritofWomen

ARIZONA ALBUM

By: Nancy L. Brandt, Courtesy of the West Valley Star

The Buckeye Valley News is the second newspaper to locate in the town (now City) of Buckeye. Started by Tom Shultz in 1890, the Buckeye Blade preceded the News by 22 years but only published 42 issues before closing after a devastating flood. In 1912, following a suggestion from friends in Phoenix, Park Richards Mitten set off for Buckeye with young son Charles and Harry to establish a newspaper.

He purchased an old Cottrel drum cylinder single revolution press and some other used equipment from Harry Davis in Phoenix. George Stokoe loaded the equipment and Mitten's boys in his wagon and drove them to Buckeye.

Office space was leased in the Ware Building on the Southwest corner of 4th and Monroe. It was a fairly small space, described as 35 to 40 feet by 75 to 100 feet. Park Mitten built a partition in the back and that's where he and the boys lived. The newspaper office was in the front.

The early Buckeye Valley News was a

four-page, six-column paper. There were no computers in those days so the paper was completely set by hand, one letter at a time.

The first edition, published two days before Arizona became a state, sported the masthead "BUCKEYE VALLEY NEWS by Park R.

103 Years of News in Buckeye

Mitten, Buckeye Valley, The Land of Alfalfa Seed". As the paper grew, correspondents from surrounding

communities were added; but when news was short, stories were clipped from papers exchanged with other editors around the state. Mitten published the Buckeye Valley News until 1923 when he moved to Chandler. He tried to keep it going by correspondence but in 1926, subscriptions had dropped to almost nothing.

Throughout the years the paper closed three times and has had a variety of publishers, including the current published Marlene Turner.

Blast from the Past January 13, 1955

DUCKS SHUCKS

They just pointed the guns, waited until the ducks came over and pulled the triggers. It was no trick at all said Dave Sedig, (left) and Frank Zellner, (right), to get the bag limit South of Hassayampa. It looked as though the station wagon was full of them when they pulled in, but when they each grabbed a handful for the photographer there were . . . Well YOU count 'em.



Notes from Out of the Past

1955: Instillation ceremony held for Queen Esther Rebekah Lodge. Noble Grand is Mrs. Ivan Hendrick and Vice Grand is Mrs. Chas. Baker. Planning the drive to raise funds for the Boy Scout's future are Pete Watkins, Doug McDonald, Al Berdin and chairman of the whole affair, Bob Bonnes.

1965: A girl is born to Mr. and Mrs. Floyd (Pee Wee) Hendrick of Buckeye. Her name is Dawna Rae. From the BVN files 1915 by I.H. Parkman: We have two Christmas weddings to report. Mr. Roy Beloit and Miss Nellie Conley and Mr. Ross Conley and Miss Doscai Daniel.

1975: Lil Miss Pop Warner nominees from Buckeye are Miss Sine Rohrback and Miss Trenda Cone representing the Golden Hawks, Miss Tracy Sanders and Miss Kate Burton representing the Blue Hawks and Miss Brenda Tyree representing the Flying Hawks. Mr. and Mrs. Sam Rose Jr. announce the birth of their son Daniel Lawrence born on Dec. 1st.

1985: Rende Parker's Suffolk lamb wins reserve Grand Champion at the Arizona National Livestock Show. Ray and Billie Piercy to celebrate their 25th wedding anniversary on Jan. 16th. Arnold Jurn is re-elected Republican Committee Chairman of Legislative District 15.

1995: Lady Hawks win the BUHS Blue & Gold Christmas Tournament. Named to the All-Tournament team are Rachel Holt, Regina Early and Chastity Conde. Newly elected Mike Osterfield is sworn in as Justice of the Peace. Elected BUHS Board members Les Heiden and Phillip Echeverria are sworn in by Dan Saylor. Dr. Frank Lowrey, wife Maria and daughter Erika took a cruise to the Bahamas over the Christmas holiday.

2005: Buckeye Police Department's Cmdr Tim Fitzpatrick completes 11 weeks of training at the F.B.I. Academy in Quantico, Virginia. BUHS students hold their first high school rodeo. Students from Buckeye who participated were Taylor Nahrgang, Trey Nahrgang, Heather Barnes, Melissa Turner, Colten Butler and Jacob Mayfield.

SDSU Students Named to Dean's List

The following students have been named to the dean's list for academic excellence during the fall 2014 semester at South Dakota State University. To earn dean's list distinctions in SDSU's colleges, students must have completed a minimum of 12 credits and must have earned at least a 3.5 GPA on a 4.0 scale. Students with an asterisk received a perfect 4.0 GPA.

Students with F, I, U, RI, or RU grades are not eligible regardless of system term GPA attained. Note that this criteria includes courses that were taken at other South Dakota institutions this term. A minimum of 12 credits within the 100-699 course range must be taken. A student who passes pre-general education courses may still qualify, if the student has 12 other credits that do fall within the 100-699 range.



School Codes:

SAGBS – College of Agriculture & Biological Sciences
 SA&S – College of Arts & Science
 SEHS – College of Education & Human Science
 SENG – Jerome J. Lohr College of Engineering

SNURS – College of Nursing
 SPHA – College of Pharmacy
 SUC – University College

****This list is sorted in the following order: hometown and student name, but it can be edited as one sees fit for one's publication.****

Name	Hometown	State	School
Hunt, Quinten Kale	Buckeye	AZ	SA&S
Hogue, Stewart William	Mesa	AZ	SA&S
Burke, Bryan Andrew	Payson	AZ	SEHS
Farina, Nicholas Paul	Phoenix	AZ	SEHS
Kub, Alexandria Dawn	* Phoenix	AZ	SA&S
Plote, Joel Richard	Phoenix	AZ	SENG
Mengarelli, Braden Joshua	Prescott	AZ	SEHS
Acosta, Jessica Carmen	Queen Creek	AZ	SNURS
Schumacher, Ian Matthew	Scottsdale	AZ	SAGBS
Smith, Emily Christine	* Scottsdale	AZ	SEHS
Jankowski, Christopher Cody	Vail	AZ	SENG

GOOD JOB QUINTEN

ADOT recommends drivers be prepared for winter driving conditions

Drivers should plan ahead and be very cautious if planning to travel to the high country when the storm arrives. ADOT recommends drivers wait until conditions improve before traveling.

More safety tips for drivers:

1. Slow down, be patient and drive safely. Plan for extra travel time. Use extra caution around snowplows.
2. Be alert: ice forms on bridges first and is hard to see.
3. When driving behind a snowplow, stay back at least four car lengths. If you think you're traveling too close to a plow, you probably are. Be safe and stay back!
4. Never pass a snowplow that's in the process of clearing snow and ice off the road.
5. Maintain at least a three-quarter-full tank of gas.
6. Notify someone of your travel route, destination and projected arrival time.
7. Carry an emergency preparedness kit in your vehicle that includes blankets, extra clothes, a flashlight, an ice scraper, a shovel, sand for traction, a fully charged cell phone, and hazard warning lights or reflectors.

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8. Brake slowly to avoid any panic braking or jerking the steering wheel.

9. Increase the distance between you and the traffic ahead.

10. Carry plenty of food and water, and all

necessary medications.

11. Carry tire chains and snow cables, or use snow tires.

12. Wear warm clothes to protect you during extended timeperiods in cold temperatures.



Additional information can be found on ADOT's "Know Snow" website at azdot.gov/KnowSnow.

Before heading out on the roads, drivers are encouraged to call 5-1-1 or log on to ADOT's Traveler Information Center at az511.gov for the latest highway conditions around the state. The website features real-time images along state highways that give drivers a glimpse of weather conditions in various regions. ADOT's [Twitter](#) feed is a great resource for travelers, too.

Thought for the Week

Life isn't about building walls and hiding behind them. It's about breaking them down and expanding beyond them!

Lewis Tiley