

## Daughters of Isabella

Immaculate Heart of Mary Circle of the Daughters of Isabells met at 7 p.m. last Thursday on Feb. 3 in the Sacred Heart Church basement.

Regent Theresa Baker called the meeting to order and lit a candle before reading the names of deceased members. After prayer, the opening ode was sung and the group said the pledge to the flag.

CeAnn Rinehart read a lesson from the spiritual reflection guide.

The Pennies from Heaven offering will be taken to the bank and a check given to the the Alex Rosales family for medical expenses.

Get well cards were signed for Sister Kenneth Struckhoff and Rhonda Rogers who had surgery. A dinner was planned with several contributing. Loretta Zerr was to deliver it to Rogers.

Laura Krejci and Megan Augustine rode a bus with 90 others from

the Salina Diocese to Washington, D.C. to attend the National Right to Life rally; 400,000 people participated. Krejci said she enjoyed getting acquainted with the people on the trip.

Nineteen people from the Daughters of Isabella and Queen Mary Circle attended the dinner for Darline Hutfles on Jan. 14 at Montana Mike's. She read a prayer she had composed for the occasion. The group said they will miss her after she moves.

Plans were made for a biscuits and gravy and fruit breakfast after both masses on Sunday, Feb. 13. Krejci will decorate the tables. Money from the breakfast will go to the building fund.

Rosemary Bange and Charlene Barnett served white cake with strawberry topping during the time of visiting.

— Margaret Denneker, secretary

# Check heart health in February

In recognition of American Heart Month, the Kansas Department of Health and Environment encourages all Kansans to adopt a healthy lifestyle to reduce the threat of heart disease, the leading cause of death in the United States and Kansas.

Heart disease is largely preventable, but only if you know your risks and how to lower them. Some of the risk factors that lead to heart disease are heredity, age and race – factors that cannot be changed. Fortunately, most risk factors, such as high blood pressure, high blood cholesterol, tobacco use, obesity, physical inactivity, stress and diabetes are within your control and can be prevented.

“Every adult should know their ideal weight, blood pressure and cholesterol levels as well as work with their primary physician to reach their ideal goals,” said Robert Moser, Acting Secretary and State Health Officer for the department. “In addition, stop smoking now as the benefits from quitting reduces heart disease risk immediately and continues to improve to

the point that after a year from your last cigarette, the risks are half that of someone who still smokes!”

Steps to can take to follow a heart-healthy lifestyle include:

- Get regular health screenings.
- Be physically active for at least 30 minutes on most days of the week.
- Be tobacco-free.
- Eat a diet rich in whole grains, low-fat dairy, fruits and vegetables.
- Limit foods that are high in sodium, cholesterol, sugar and fats.

In addition to making healthy choices, it is important to know the signs and symptoms of a heart attack.

Heart attacks are the cause of about one in three heart disease deaths and an estimated 78,000 adults in Kansas have had one. Some are sudden and intense, but most start slowly, with mild pain or discomfort. Often people don't realize what's wrong and wait too long before receiving help.

In Kansas, more than half of heart disease deaths occur before reaching a hospital, clinic or medical center. Recognize the following signs and symptoms and call 911 immediately at the first sign of a heart attack.

- Chest pain or discomfort – Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the body – Symptoms can include pain or discomfort in one or both arms, shoulder, back, neck, jaw or stomach.
- Shortness of breath – May occur with or without chest discomfort.
- Feeling weak, light-headed, or faint – This may include breaking out in a cold sweat, nausea or vomiting.

For information on heart disease, contact the Kansas Heart Disease and Stroke Prevention Program at (785) 291-3195.

# Chinese script tells of love sent around the world

By Cathy Dyson

Free Lance-Star

FREDERICKSBURG, Va. (AP) – When Sharon Zornes pulled a brown paper insert out of a furry stocking – and found Chinese writing on the front and back – something told her to check it out.

It took the Stafford County woman a few weeks to get a translation, but she eventually learned the writer is asking for a second chance at love.

The plea, to announce his or her love to the world, if given the opportunity, has made it from one side of the globe to another, by means of a Christmas stocking.

“Wouldn't it be wonderful if we could get the message to whom it was meant to go?” Zornes asked.

As you can tell, Zornes, 47, is a romantic – with good reason. She and her husband, Jeff, have known each other more than two-thirds of their lives. They grew up across the street from each other in Washington and never dated anyone else.

“I think everybody should have the chance to find the person he was intended to be with,” she said.

Zornes, who teaches preschool, is also

a family genealogist and the daughter of a policeman. There's a part of her that seeks “just the facts, ma'am,” and she knows “if it's not right, it's not relevant.”

So Zornes set out to find what she could about the sock-shaped piece of paper, stuffed into a red stocking with white trim that she bought after Christmas 2009, when seasonal items went on sale.

The only other clue was the tag that read, “Made in China,” but that didn't exactly limit the scope.

Zornes showed the insert to parents of her students, and one of them offered to send it to some Asian associates.

His e-mails produced two translations, and Elizabeth Larus, an associate professor of political science at the University of Mary Washington, provided a third, at the request of The Free Lance-Star.

The three translations differ. But each tells the story of two people who fell in love but weren't able to stay together.

One version sounds more forlorn and asks why the two were allowed to even meet, if they couldn't be together.

In all three versions, the writer declares that, if given the chance, he or she would announce his or her lover forevermore.

But the exact timing of said love loses something in the translation.

Two versions give the length of love as a million years, but the third isn't quite as committed.

In that one, the writer's feelings will last a mere 10,000 years.

It's not clear why a lovesick person would stuff feelings into a stocking instead of sharing them.

Tanya Chen-Herman, one of the people who translated the writing, has a theory. At first, she thought the writer was male because of the handwriting and tone.

“Maybe because men beg more often than women – call me biased if you

want,” wrote Chen-Herman, a Chinese-American who lives in Midlothian.

Then, she thought the writer might be a female because, after the declaration of love comes the hint at circumstances and the offer to remain friends.

Not just friends, but “true” friends.

Chen-Herman calls that “the consolation prize” and believes it's a typical female move. Plus, most Chinese textile workers are women.

One other aspect of the note caught Chen-Herman's eye: the writing instrument. At first, she thought a pen brush was used, but then she dismissed that. Younger generations typically don't use

brushes, and it doesn't look like the writer had any experience with calligraphy.

Chen-Herman figured a thick pen or marker was used because it was handy.

So, after marking boxes that were ready to be shipped overseas, the writer took a moment to send a factory worker's version of a message in a bottle.

The note ends in English, with the words, “I love you.”

Zornes isn't sure what she'll do with the Chinese letter. She'd be thrilled to find the person the note was meant for, preferably by the next major holiday.

“It would make a great Valentine's Day story,” she said.

## Vow renewal celebrates Valentine's Day

By Michael Dumas

The Mississippi Press

PASCAGOULA, Miss. (AP) – The day before Valentine's, Church on the Rock in Pascagoula is opening its doors to the area's married couples and inviting them to renew their vows in a new ceremony called “I Still Do.”

Inspired by the goal of celebrating and strengthening marriage, the renewal ceremony will be held at 6:30 p.m. Sunday for up to 50 couples, regardless of whether they attend the church.

“It's going to be a traditional Christian wedding ceremony, with music and Scripture and vows,” said Chris Erwin, pastor of administration and worship. “We're very excited.”

The ceremony will include music by saxophonist Nathan Woodward, introduction of each couple as they walk down the aisle, and the vow renewal, Erwin said. Each couple will also share in a sand ceremony, where each partner is given sand in a certain color, to be mixed together “to form a new creation, something that cannot easily be taken apart.”

“It's representative of two lives coming together and becoming one flesh, which is scriptural,” he said. “It's a ceremony of symbolism.”

Offering couples the opportunity to communally renew their vows is a way the church can reaffirm the sanctity of marriage, said Erwin. He believes marriage to be “under attack” in America, and considered by many to be disposable.

“Marriage is a covenant, which simply means something that cannot be taken apart,” Erwin said. “A Christian marriage is based on a covenant relationship, it's not just a contract.”

Erwin said all who want to participate must register by Wednesday to ensure enough bouquets, wedding cake and punch is on hand. Couples may wear whatever they wish, and each will receive a memento of the ceremony, he said. A nursery will also be provided during the renewal for children 3 and under.

“(This is) for those who want to reaffirm their commitment with their mate,” Erwin said. “And there's no strings attached. We're providing everything as a service to our church and our community.”

## Hearts line Chicago avenue

CHICAGO (AP) – Chicago's Magnificent Mile is getting into a Valentine's Day mood.

Northwestern Memorial Hospital is partnering with artists from Columbia College to display 100 5-foot-tall heart statues along Michigan Avenue starting Monday. The *Chicago Tribune* reports

that the “Hearts a Bluhm” campaign from the hospital's Bluhm Cardiovascular Institute is meant to raise awareness of cardiovascular disease.

The effort coincides with February's National Heart Month. The statues will be in planters along Michigan Avenue and be on display until the end of February.

Fall In Love  
This Valentine's Day



Visit these local businesses to pamper that special someone.

Let us help you celebrate Valentine's Day by enjoying our fine selection of champagnes and wines.

**Lobo**  
260 E. 4th  
Downtown Colby, KS  
785-462-6832

**RETAIL LIQUOR**

**CITY LIMITS**  
BAR & GRILL

Please join us for Valentines Day  
Food & Drink Specials both  
Saturday, Feb. 12 & Monday, Feb. 14.

Reservations Recommended.  
**785-462-6565**

**JOHN C. TWEED AGENCY**

*“Your Multi-Peril Insurance Specialist”*

**GIVE US A CALL TODAY!**

John C. Tweed  
135 W. 6th, Colby, KS  
**785-462-7366**

For your special someone this Valentine's Day, come check out our unique gifts and flower arrangements.

185 W. 4th Street • Colby, KS  
785-462-7136

**Someplace Special**

Come in and find something special for your Valentine!

**COLBY Walmart**  
Save money. Live better.  
**SUPER CENTER**  
115 W. Willow Street • Colby, KS • 785.462.8634

**Open 24 Hours**

**Valentine's Day Special!**

**China Buffet**

*Buffet Offered All Day!!*

**LUNCH - \$5.95**  
**DINNER - \$8.95**  
• includes crab legs and other new items •

**Special price for kids**  
**10% off for Seniors over 65**

Hours: Sun.-Thurs.: 11 a.m. to 9:30 p.m.;  
Fri.-Sat.: 11 a.m. to 10:30 p.m.

1933 S. Range, Suite 2  
**785-462-6368**