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Love is more than just a warm, fuzzy feeling

By Kristina Quite

Love is not a four-letter word. Some days it is, some days it is not. It exists in the hearts and minds of everyone. It is something that is felt, something that is expressed, and something that is cherished. Love is a complex emotion that can be difficult to define, but it is one of the most important feelings in our lives.

It is not a feeling that can be expressed in words alone. Love is something that must be experienced. It is a feeling that cannot be put into a box or a category. Love is not something that can be measured or quantified. It is something that must be felt.

Love is not just a feeling of happiness or contentment. It is a feeling of connection and belonging. It is a feeling that makes us feel safe and secure. Love is a feeling that can bring us joy, but it can also bring us pain.

Love is a feeling that is universal. It is something that exists in all cultures and all societies. Love is a feeling that is felt by everyone, regardless of their background or their beliefs.

It is not just a feeling that exists in the present moment. Love is a feeling that is experienced throughout our lives. It is a feeling that we carry with us as we grow and change.

Love is something that we should always strive to cultivate. It is something that we should always try to express. Love is something that we should always try to live.
LONELINESS

Don't have a Valentine? That's OK

By Rebecca Leve

L

Crof Stiggins, a snobbish

Executive, decried. "She has

always celebrated Valentine's Day

even when she had a boyfriend.

"I have been anti-Valentine's

Day all of my life," she said. "It's

just like any other commercialized

event. She does it for attention

every year.

"But I am happy like Father's,

Day and Mother's," Seguin said.

"I am sure he never did anything for

Valentine's Day but today he bought

me a beautiful card and a box of

the best chocolates.

"I never celebrated Valentine's

Day but now I am glad I didn't,

because I am so much happier

without it."

"I am not sure why we celebrate

Valentine's Day," Answered

Colin, age 12. "I think it is just

another commercial event that

people use to make each other feel

loved."

"I think it is just a way for

people to show their love and care

for each other," Said Sarah, age 8.

"I don't think it is necessary to

celebrate Valentine's Day. I think it

is just a commercial event that

people use to make themselves feel

good.

"I think it is just a way for

people to express their love and care

for each other," Said Emily, age 10.

"I think it is just a way for

people to show their love and care

for each other."

"I think it is just a way for

people to show their love and care

for each other," Said Thomas, age 11.

"I think it is just a way for

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Dinner, dancing on valentine agenda

BY STEPHANIE SIMA

A Valentine's Day approaches, many singles are planning what to do for their sweethearts. From simple cards and gifts, exchanges to trips to other cities, there are many ideas for the holiday of love in many different ways.

Many women are waiting for presents from their boyfriends, husbands or friends. Batavia sophomore Michelle Kaye waited in vain for a surprise from her boyfriend this year.

"Usually he gives me little presents like a stuffed animal or box of candy to tease me until the big day comes when I get a nice surprise," she said.

Some couples share a romantic evening of dinner and dancing, sometimes going to a galaxy far away.

"My boyfriend and I usually go out to dinner at a fancy restaurant then out dancing after wards," Louisville freshman Marsha Nash said. "This year, though, I'm going to see him in the 'Phantom of the Opera.'"

A more unusual way to spend the day is in bed after surgery. That's how Whitney City sophomore Misty Foster plans to spend her Valentine's Day.

"I'm going to my wisdom teeth taken out that week, so we go home Friday, my boyfriend has to pamper me," Foster said. "That's why I know he does something for me."

Johnathan Benson, a freshman from Mt. Vernon, Ind., is traveling to a great distance for his Valentine's Day gift.

"My girlfriend's supposed to fly into Chicago so we can see ‘The Phantom of the Opera,'" Benson said.

"Then she's going to a ball afterwards, where the people go to the musical.

"Many men are trying to shock their significant other with a bit unusual, but romantic gift for the special ladies in their life."

Bowling Green junior Mike Welch plans to spend the evening with a nice local restaurant then a dance afterwards.

"I'll probably take my date to Marshall's barbecue then to the Valentine's Day dinner at the BSI Baptist Student Union," Welch said.

Hawnerwoile sophomore Tim Green also plans an evening of dinner and dancing at the student union.

"My friend and I will probably go on dinner and then party at the BSI dance afterwards," he said.

Other students are spending the day with family or friends. Mr. Herman junior Donna Key is spending Valentine's Day with her parents.

"It's my parents' 30th anniversary, and they're spending it in Louisville at a fancy machinery show," Key said.

Louisville sophomore LaKeta Lophasen, a resident assistant in McCormick Hall, plans to spend the day with her roommates.

"We'll probably go see a sappy movie then go out to dinner," she said.

Friends like Leitchfield junior Melanie Greenfeld and her roommates, Leitchfield junior Kelly Decker, are exchanging gifts with one another this year.

"Neither one of us is daring anyone right now, so we're giving little gifts to each other instead," Greenfeld said.

Presents are also giving up for the most romantic day of the year. History Professor Jack Thacker plans to surprise his wife with a gift, card and a special dinner, regardless of the weather.

"If the weather's nice, I usually take her out to a nice restaurant, but if it's really nasty it has been the last few years, I'll make her dinner myself," Thacker said.

Other professors are waiting for the unusual gift their spouse gave them this year.

Health Professor Joe Kim doesn't know what to expect, but she does know what she doesn't want.

"My husband used to give me a big box of chocolates for Valentine's Day," Kim said. "But he didn't understand that I'm a health professor and shouldn't eat that much candy. Now he gives me strawberries."

Kim isn't extendedly waiting in the celebration of Valentine's Day yet, in her native Korea, Valentine's Day wasn't recognized with as much fanfare as in the United States.

"In my country, girls weren't allowed to show affection for boys," Kim said. "It was considered unhealthy. The only time they could was Valentine's Day, so I'm still adjusting to all the candy, cards and gifts."

Nash who celebrates her 11th month anniversary on Valentine's Day, says it doesn't matter what people do as long as they have fun doing it.

"I could be spending the evening at home with my boyfriend and my family and I wouldn't regret it," she said.

"But as long as I'm with the love, I love the man, I'll be happy."

Men, women hope for more than love

BY BRIAN MAINE

A chance talk in class a dinner and a few heart-to-heart talks, and suddenly there's love. Everyone dreads end of each other's lives and thoughts are shared. Nothing about that significant other is unspoken.

Then the day dawns, Valentine's Day. What to get? What do I give the special someone I want? Wonders what will be given.

Maybe there will be a box of chocolates or a card...or that gift will be a unique surprise. But is it something really wrong?

Hawverwoile junior Brooke Edwards said he will be the first to say that most women are curious when it comes to a box of chocolates. He says men should assume what their significant other wants.

"I think most women think men want me," Edwards said.

But Edwards said that is the further thing from his mind when it comes to what he wants from that special someone for Valentine's Day.

"I just want to be in her presence and her company," he said.

"Edwards said he believes that most women in return want something, "not exactly romantic," but a gift that shows affection."

Louisville sophomore Jeremy Poole disagrees with Edwards' idea gift for women.

"They want something you're going to give them from the heart," Poole said.

"Poole said he hopes to spend his Valentine's Day with his girlfriend who is in college and spend some quality time with her some place quiet and romantic."

Still others, he is the one who usually entertains the idea of romance for that special day.

"My wife's a little bit more romantic," said the Bowling Green graduate student.

Men, women hope for more than love.
Valentine's words of wisdom
Dateless dudes offer love advice

Holidayharder for long-distance love

BY MIKE QUINTED

Most couples run to each other when they need a lot of tender-loving care, but some couples can't risk one-too-many looms. Long-distance relationships are a test of commitment and a test of love. But the holidays are a time of excitement and enjoyment because if the two people are far away, the holidays don't have the same meaning. "You have to stay close," Louisville freshman Bothie Ball said. Louisville's Valentine's Day can be particularly difficult to celebrate when there are miles and miles between the two people who love each other.
Sports fans look out for the next Herald special section covering the women's basketball Sun Belt Tournament.

Snuggling: After spending the evening together, Nashville freshman Sara West won a special section covering the women's basketball Sun Belt Tournament.

the Journey of a rose...

...from Ecuador to your door

A rose by any other name would smell as sweet, but would probably be a lack of a lot cheaper if you could buy it where it was actually grown. Most of the roses sold in the United States for Valentine's Day come from South America. Ecuador is the leading supplier of the flowers. After being cut and having most of the leaves and stems removed, roses are packed and refrigerated at a temperature of 40 to 60 degrees. Most are then flown into the United States through Miami, where large wholesalers distribute them to smaller wholesalers throughout the country.

Harlan Wholesale Flowers is the local wholesaler for Harlan Grocery and surrounding counties.

Joey Simpson, who buys the flowers for Harlan Wholesale Flowers, said the wholesaler's nearest supplier is a radius of about 200 miles.

Simpson wouldn't say how much the flowers cost the wholesaler or how much they would sell to retailers for. Simpson did hint that as high as the demand for roses is in the holiday approach. The wholesaler expected to distribute more than 37,000 roses to area florists last Sunday alone.

One of the many florists that gets roses from Harlan Wholesale is The Bouquet Shoppe.

Joyce Craft, owner of The Bouquet Shoppe, estimates that the flowers will close to 2,000 roses a day in Valentine's Day.

"Most of the people that come in for the roses are guys," she said.

Simpson said that guys seem to think that all women want for Valentine's Day is roses. She emphasized that a little creativity can go a long way and said that guys should consider giving arrangements or different kinds of flowers for their loved ones.

But anyone interested in getting roses should take a full package with them. Entire rose is in them and anyone looking for a dozen of the blooms should expect to pay the same as $20 to $70 at local florists.

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BY: Archie Beck
Sara Winn

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Cuddle time: Browing Green sophomore Jonathan McCreary and Bowling Green freshman Julie Reese spend time together at Center Court. For Valentine's Day they will also be celebrating Reese's birthday which is today.

Sweet Fragrance ‘Not the initial attractant’

BY NINA BERN

It’s the day for dozens of roses, boxes of chocolates, and ‘I’m-so-sorry-I-forget.”

Valentine’s Day handfuls of thousands of roses will rush to florists and Hallmark shops. But other than the more traditional gifts, many sweethearts will visit the perfume counters of department stores in search of scents for their loved ones.

Mary Smith, a fragrance salesperson at Castray Keaten, said one of her biggest sales seasons is the week of Valentine’s Day.

“Fragrance is a no-fail gift,” Smith said. “If you don’t have any idea what to get that special someone, this is the gift that always works.”

Scents and fragrances have long been a favorite gift for both men and women. Each woman thought it would be a gift worthy of offering to the Swahomie Times. Giants to Oriental palaces were treated to baths in perfumed water and green bottles of precious ointments. Even King Louis XIV was known for hisObsession with perfumes.

Smith said giving perfumes and colognes is both traditional and romantic.

“Perfume is something that people enjoy giving and receiving,” Smith said. “Now, even a $50 bottle will have its own surprise for the women of today." Melt by extracting the natural oils of flowers, grasses, woods and herbs, then fusing or mixing combinations of each, perfumes can be bought in the forms of cologne, soap, oils, lotions and talcum powders.

According to Towsen Houston, a fragrance consultant at Dillard’s, the new finds are layering the different forms of perfume for a long-lasting effect. To layer as perfume, the soaps and bath oils are used in the bath water. Then the lotion, spray and pomades are applied to the skin.

“It reduces the number of times you have to replenish and money it almost a little bit of expensive perfume or cologne to go a long way,” Vincent said. “A lot of people discover that they like the way it mixes with scents, floral and maybe a citrus scent for that.”

According to statistics gathered by the Simon Marketing Research Bureau, roughly $75,000,000 will be spent by men between the ages of 18 and 36 on perfume this year.

The American perfume industry ranks millions of dollars for this one group alone.

Amy Miller, manager of the fragrance and cosmetics department at Dillard’s, said the figures don’t surprise her.

“The fragrance industry is incredible and fascinating,” Miller said. “My average sale is about $35, but it would have to be no bigger and more consistent sales are around that same time.”

Smith said a lot of people like to think of perfume only as a gift for lovers or as a way to find means, but she believes so many people are aware of perfume wardrobes for more personal reasons.

“One of our favorite fragrances is for women, certain Illusion,” Smith said. “People love to smell great and something good makes them feel better about themselves”.

Psychology Professor Richard Friedel said.

“Little evidence suggests the claim that by simply wearing a perfume a particular scent a woman can draw a man to her, or that the more expensive the perfume, the bigger she catches,” Miller said. “Perfumes companies and advertisements give us that impression, but it is not psychologically sound.”

Miller, like Smith, said he is most inclined to believe that by wearing a favorite and perhaps more expensive fragrance, a woman or man tends to feel more confident in themselves and be more flirtatious.

“Men are attracted to that confidence and self-assurance,” said Miller. “Again, the perfume is not the initial attractant. But despire people’s great reasons for purchasing more than $10.9 million worth of fragrances in one year, Americans comprise the biggest market for fragrances such as Estee Lauder, Revlon, Christian Dior and Calvin Klein.

Both Miller and Smith said does bigger sells the season are Tommy Girl and Tommy, Red. Allure and the newly-released Lady Nautica.

HOPE: Candy, boxesers satisfy loved ones

Continued from Page 4A

Marvin said he hopes to be able to make his wife’s Valentine’s Day special.

“I’ll spend some time with my wife. We’ll probably go out to a restaurant,” he said. “Hopefully we’ll spend some time away from the kids.”

Besides taking his wife out to dinner, Marvin also plans to give her his wife something she really wants.

“She let me know in no ambiguity that’s what she wants,” Marvin said. “She adores organic angels and there is this one that looks Valentine’s day.”

West knows exactly what her boyfriend wants this holiday. “He wants things I can’t afford,” she said. “My boyfriend wants something for his car.”

West said she would love to see proximity for Valentine’s Day, but she hes her eyes of a change, if not more romantic.

“My boyfriend would love for him (boyfriend) to cook me dinner by candlelight with me having to ask for it,” she said.

Ranville junior Dawn Hall agrees with West’s dreams of a perfect Valentine’s Day.

“Most men want to make their girlfriends happy,” Hall said.

Phillip Russell, assistant manager at Wal-Mart Supercenter, said students, both male and female who are unsure of what their perfect. love should come to the store.

Friends are offering anything from candy to Valentine’s boxes.

“Students have been selling real well,” he said.

The Herald staff wishes everyone a Happy Valentine’s Day!
Healthy Valentine's Day

Keep relationship, self healthy with effective communication

BY BRIAN MAINE

Relationships are at the very core of our society. As the population continues to grow and diversify, the importance of having healthy relationships becomes increasingly apparent. Healthy relationships form the foundation upon which all other aspects of our lives are built. They provide a sense of security, love, and belonging, which are essential for our emotional well-being.

In a world where technology often pulls us apart, it's crucial to maintain strong connections with those around us. Healthy communication is the key to building and sustaining healthy relationships. It involves expressing your thoughts and feelings clearly, listening actively, and respecting the other person's perspective.

An effect of this communication will be the close relationship and trust that people like Donnie and Beth share. Willett said, "Sustained and nurturing is a relationship should be able to be their partner know what to expect out of that relationship." Willett said.

She also said partners in a relationship should be one another, knowing what they are going to bring into the situation.

Much of what Willett said and Davis was painted in a relationship in a booklet titled, "Healthy Relationship."

DAY: Holiday filled with love, dislike

CONTINUED FROM FRONT PAGE

What was much more popular was creative Valentine's Day presents that made fun of something," Brady said. Valentine's Day was basically a break from that formula, she said.

"It was an opportunity to take a dig at people you love," Brady said.

In the 25th century, the greeting card industry made an effort to emphasize romance and Valentine's Day became a commercial holiday, she said. Even though people don't select their valentines by chance anymore, there are some remnants from the Middle Ages.

There's an assumption that men don't really like Valentine's Day because they're expected to go gushing for their sweethearts. Blue said.

"The joke is you're really in trouble if you forget Valentine's Day," she said.

But even amid the commercial hoopla, there have been bright moments in American history that seem to contradict the Valentine's spirit.

Al Capone was losing some of his legal alcohol sales to "Bootleg" Moran. The simplest way for Capone to do that was to kill his competition, said sociologist Professor Fred Behrendt. Capone plotted a hit for Feb. 14, 1920. Valentine's Day prelude.

Capone's plan was to make it look like a hit because he was partying in Florida with politicians on that day. But Behrendt said he thinks Capone had another reason for picking the beast holiday.

Behrendt said the hit "probably be thought it would be "cute." Behrendt said seven men were gunned down near a garage wall, but one of Capone's lieutenants mistakenly thought Moran was in the garage at the time.

Regardless, the hit had the desired effect. Capone claimed his hit business, Behrendt said.

This event has provided an opportunity for authors to get a piece of Valentine's Day history. The bricks of the garage wall are preserved just off over the river. "I don't want enough to be laid on," Behrendt said. "But if someone dropped one on my desk, it'd be nice to have."

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REMEMBER YOUR 3 R'S

RESPONSIBILITY

- keep promises
- just say "Know..."
- protect sexual health
- make time for talk

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