## **Battalion Classifieds**

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## VALENTINE PERSONALS

NOTICE

Surprise someone special with a Valentine Message in the Battalion!

### Come by the English Annex Monday - Friday, 8:30 - 4:30 to place yours!

All Valentine Messages will be published in the Classified section on February 13th

### deadline is Feb

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## States considering adoption of English as official language

NEW YORK (AP) — Nearly half the states have considered making English their official language, a move advocates say unifies Americans' diverse cultures but which opponents say fuels racism.

"There's been rising evidence that language is becoming a point of so-cial division, political division," said Lawrence D. Pratt, president of the lobbying group English First. "If it is not checked and dealt with

and laid to rest, it can produce the kind of divisions that have beset Ganada and others in the world as well," he said.

The advocates were bolstered by overwhelming approval of an offi-cial English voter initiative in California, which they say has aided simlar efforts elsewhere, including the U.S. Congress.

Fourteen legislatures have propo-sals before them to make English the official state language, and others may take it up this year.

Montana, Wyoming and New Hampshire legislators defeated official English proposals this year, while California and Tennessee approved them last year.

English has been the official lanage in Kentucky and Indiana nce 1984, and Nebraska made Enn its official language early in the

n Louisiana, however, the state

has French and English as official languages, and a state agency over-sees the teaching of French in all public school systems to preserve the region's cultural traditions.

introduced in the U.S. House and

gave a 3-1 approval of the initiative to make English the state language. The initiative also states that officials should take necessary steps to make sure English is "preserved and en-hanced," but it is not specific about the steps.

"We fear it will jeopardize every form of language assistance," including some emergency services, court translators, welfare notices and bilingual education, said Edward Chen, staff counsel for the American Civil Liberties Union of Northern California.

Opponents also say such efforts are aimed at the basest instincts of Americans, and that English is hardly threatened by immigrants, who generally want to learn English

when they come here anyway. State Rep. Francis Bardanouve of Montana said."This is not an American bill. It is contrary to what we think of as America.

# On Jan. 6, several measures were

Senate that would amend the Consti-tution to make English the official language of the land. In California, voters on Nov. 4

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### at your vegetables' or health, experts say OSTON (AP) - Claims for the

th benefits of different vitamins, nents, oils and other arcane nunts pop up regularly. But often advice boils down to the same : Eat your vegetables.

is one of the few reasonably untroversial nuggets to emerge m a growing mishmash of stud-opinions and assumptions on the erplay of diet and well-being.

n one thing food experts are virly unanimous: Saturated fat is There is strong evidence it ses heart disease, and it may have ething to do with cancer as well.

aying which foods are good for however, is much chancier. Exts note that behind all the food , there is surprisingly little hard dence that a particular item will rease your odds of living longer. There aren't any magic foods,

Johanna Dwyer of New England dical Center said.

What makes sense, she said, is emsizing plant foods in the diet. ey are high in potassium and er nutrients that may be benefiand they don't have much salt

lere are some of the theories that

vitamins A and E and beta caene prevent cancer. They are monly found in such green veg-

from salmon and other oily ocean fish contains omega-3 fatty acids.

None of these theories has been proved beyond reasonable doubt. and the evidence for some is downright skimpy. Yet all have their advo-

cates. So until scientists learn more about the preventive power of food, experts say the best advice is to avoid saturated fat and, by all means, eat those vegetables.

### Governor causes stir in shake-ups

PHOENIX, Ariz. (AP) - Gov. Evan Mecham, who vowed to shake up the state's bureaucracy, is shaking up legislators as well with some of his appointments, including an education lobbyist who says teachers shouldn't argue with students who think the world is flat. The maverick Republican began

his administration last month amid

controversy by canceling a holiday honoring the Rev. Martin Luther King Jr. As expected, he methodically is replacing many of the 500 appointed officials who served in the administration of long-time Democratic Gov. Bruce Babbitt.



etables as broccoli and cabbage and such yellow ones as carrots. One belief is that they work by trapping chemical compounds that can harm the body's cells.

· Potassium deters strokes and high blood pressure. For stroke pre-vention, at least, an extra serving or two of fruits or vegetables is said to be linked with a 50 percent reduction in risk.

 Polyunsaturated fat, monosatu-rated fat and omega-3 fatty acids prevent heart disease. Many vegeta-ble oils are high in polyunsaturated fat; olive oil is a good source of monosaturated fat; fish oil derived

Some of his choices, however, have alarmed even the Republicancontrolled state Senate, which has decided to hire a private company to investigate some of the 300 nominees who serve subject to Senate consent.

Mecham, a conservative who camligned against his own party's establishment as much as against the Democrats, has defended his choices for appointive office.

### Longest married couple in U.S. without argument

WEST KITTANNING, Pa. (AP) - Almost 81 years after they paid 50 cents for a marriage licence and said "I do," Calvin and Mina Dunmire are calmly accepting the fuss that comes with being named the nation's longest married couple.

There's no secret to it. We just lived happily together," Dunmire, 105, explained at the couple's southwestern Pennsylvania home, glancing at his wife, silent in her rocking chair.

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"Mrs. just did the housework, and I did the outside work," he said Saturday. "That was all there was to it, It wasn't luck. We just loved each other."

To the best of Dunmire's recollection, he and his wife, who will soon be 101, have never had an argument since their marriage on April 24, 1906, across the Allegheny River in Kittanning

"We just enjoy each other, that's all," he said.

Until she suffered some strokes and he slowed down, she ran the household while he ran his lumber, natural gas and banking businesses. Theirs is the kind of commitment

Worldwide Marriage Encounter, a religion-oriented organization that sponsors marriage enrichment

weekends, hoped to find in its third annual search for the nation's longest married couple.

Tom Gorman of San Diego, said, 'Society needs to step back once a year and collectively tip our hats to people who are husband and wife and who are going through better and worse and through thick and thin." He and his wife Jeanne are this year's national coordinators for World Marriage Day, the second Sunday of February Sunday of February.

Couples are nominated by relatives and friends as well as local Worldwide Marriage Encounter groups.

With 82 years and three months of marriage, last year's winners, Oliver and Cora Lee Glenn of Elmore, Ala., are still technically the nation's longest living married couple, according to Worldwide Marriage Encounter. But the Gormans and other organizers decided that rather than honor the couple again, it would be better to spread the glory. Mrs. Glenn, who turns 100 on Valentine's Day, and her 100-year-old husband still are reeling from the reaction to last year's announce ment. For months, strangers showed up at the Merry Wood Lodge nurs-ing home, hoping to talk to the cou-ple and pose for pictures. Papers will be delivered by 8:00 a.m. on the day of publication to dorms, faculty or student offices, and drop-boxes.

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