

THE BINNACLE

FEBRUARY 88

FREE!

COLLEGE STUDENTS

Ask today's college students if winning a million dollars would alter their career plans and eighty percent would tell you no. These were the results from a poll of nearly 500 college students in December.

What these results are indicating is a definite change from the post-yuppie generation of "me"s--those in their late thirties and early forties, who would likely retire immediately if they came into big money.

Idealism is again a force among today's students. The major share of students polled said that the most important single thing they would seek in considering a job after graduation would be "making a difference," a first choice for almost 43 percent. For 31.4 percent, "opportunity for advancement" was the option. Surprisingly, salary was only picked by 8.4 percent polled and "power" seemed to be the driving force by less than 2 percent.

The students of the eighties are often criticized for being materialistic, but what seems to become even more noticeable is the similarities between "we" students and the "me" students of the 1960's.

Caution and stability also seem to be prime factors among college students today. Almost 65.5 percent polled said that during their first year in the real world, they would be spending most of their income on rent and living expenses.

(Continued on the last page)

The Binnacle is a sporadic publication of the students of the California Maritime Academy. The opinions and ideas expressed herein are not necessarily those of the Corps, the Binnacle Staff, and or the Academy Administration

CIVIES DAY A BIG SUCCESS

On Tuesday, Feb. 9th, CMA students "stalked," "shocked," and "casualized" the campus. The Student Council promoted "CIVIES DAY" where students were allowed to wear "normal" clothes to formation, classes, and meals, all for the low price of \$1.00. This is to raise money for the fourth class and their activities throughout the year.

FINANCIAL AID NEWSFLASH

March 2, 1988 is the deadline for students who wish to be considered for financial aid for the 1988-89 school year. To apply, a Student Aid Application for California (SAAC) must be filed no later than March 2. SAAC forms can be picked up at the Financial Aid Office anytime. Priority filing is Feb. 11, 1988. The SAAC must also be filed for consideration of a Perkins Loan, a Guaranteed Student Loan, or Work-Study. An estimated 70% of CMA students are attending college with some form of financial aid. Check it out.

CMA CAFETERIA CAN HELP

If your club is planning an outing let the Mess Deck know, and they can supply your club with a meal or two. The Mess Deck puts the students of CMA into consideration when it comes to health and nutrition. A bountiful salad bar is one of the many items that CMA prides itself on. If you have any questions talk to one of the cooks in the Mess Deck, we are sure they will be glad to help if they can.

NEW CLUB ON CAMPUS TO BEGIN SOON

The newest student formed club will be meeting soon to discuss topics relative to the Bible and learn more about what the Bible is all about. Out of concern on how to handle stress and a need to know more about the Bible, Jennifer Gormley approached the Administration to get approval for the club. The advisors will be F. Mower and R. Line.

LOOK

THE JOCK DIET

Experts say that good nutrition can improve sports performances at any level. With that in mind, how can we eat to win? According to Jackie Berning, a registered dietitian and sports nutritionist in Thornton, Colorado, "Being active doesn't mean that you have to make radical changes in what you eat." The following tips-from Berning and other experts-should keep you going no matter how hard you play.

-Get enough calories. Not getting enough calories because not enough is eaten to support a high level of activity is the biggest mistake athletes make. If you feel weak or sluggish while exercising, you may be shortchanging yourself on calories. Good sources of carbohydrates consist of such things as breads, cereals, fruits, and vegetables--but avoid the fatty foods. It is also better not to "load up" carbohydrates before competition, but rather maintain a consistent diet of high carbohydrate intake.

-Drink plenty of fluids (and this not generally include alcoholic beverages). No matter what sport is your bag, avoiding dehydration is a definite advantage to your game. Cold water is the fluid of choice to fuel physical activity: It's easily absorbed and rarely causes cramping. Remember that alcohol and caffeine dehydrate the body rapidly.

-Make sure your iron intake is adequate. Iron-deficient blood can't carry enough oxygen to working muscles.

-Watch your calcium consumption. Generally, for women the recommended daily intake is 800 milligrams, and for men 1000 milligrams (or more). Calcium helps protect against stress fractures.

When it comes to good health, good common sense has a lot to do with the success, or failure, of one's performance.

GREAT FINDS

LOVE AND GERM WARFARE

TAKE THE FOLLOWING SAFE SEX QUIZ:

1. The most common venereal disease in the U.S.?
a) syphilis b) AIDS c) herpes
d) venereal warts

2. Can non sexual viruses become venereal viruses?
a) yes b) no

BASKETBALL SEASON IN REVIEW

Vallejo- The 1987-88 basketball season was one of ups and downs for the keelhaulers. After starting the season with a two game win-streak, the team lost three out of its next four games. The six win, thirteen loss record does not tell the real story of the season. Many of the Keelhauler's losses were by less than four points.

Leading the way for the team were Senior Co-Captains, swingman Mark Felton (18.4 ppg) and forward/center Matt Lang (20.4 ppg). Felton and Lang also averaged 4 assists and 7 rebounds per game respectively.

Through the two seniors accounted for 51% of the offense, they were assisted by starters Mike Badger (7.7 ppg, 4 reb., 3 assists), Pablo Baker (9.7 ppg, 5 reb.) and Jim Blake (8.4 ppg, 7 reb.). The bench was also very effective with Steve Reichardt (2.8 ppg) and S. Mahaffey (5.3 ppg) leading the way. Overall the team shot 47% from the field and averaged 76 ppg.

THREE-ON-THREE BASKETBALL

The three-on-three intramural basketball tournament got off to an exciting start with two high action games.

In the first game, team #3 consisting of D. Cvitanovic, N. Baker, D. Joseph, R. SanFillipo, and T. McElroy, defeating team #4 which consists of H. Schroeder, D. Spain, D. Morales, R. Correa, and T. Adams.

Dave Cvitanovic, who scored 14 points, lead team #3 in scoring and was a major force inside. The team was also helped by Tim McElroy and Niles Baker who each scored 6 points. Team #4 was led by Dave Morales' 16 point performance which led all scorers.

In the second game, Team #1 was defeated by Team #2 in what turned out to be a game everyone expected. The size-loaded Team #1 took an early lead in the game only to have Team #2 rebound to win the game.

Team #1 was paced by a 17 point performance by Chris Bobbit and a 12 point performance by Doug Rightmire. Jack Fitzgerald who got the hot hand late in the game scored 8 points down the stretch. Other team members, Audra McGrath, Erin McGrath, and Garrick Harrington turned the heat defensively as the #1 Team lost their shooting touch in the second half of the game.

WEATHERMAN AMAZED

This past week's temperature had the weatherman (and weatherwoman) taking a second look. The San Francisco high of 78 was the highest recorded temperature for a February 10 since 1886 and a recorded high of 100 marked the charts for the second week of February.

High temperatures are expected to continue, a disappointment for snow skiers, but happy trails for sailors and surfers.

NO AID TO THE CONTRAS

Despite the Iran/Contra scandal, Reagan is going back to Congress for \$36 million to the murderous thugs, the Contras. As the Contras rape and pillage in the Nicaraguan countryside and terrorizing poor family farmers, they have also been fattening their bank accounts in the Cayman Islands and smuggling a ton of cocaine a day into the U.S., with devastating effects on our inner-city youth. Military aid to the Contras is funneled through the renegade CIA and the Ku Klux Klan front group, the Civilian Material (Military) Assistance. No wonder the Klan is again rearing its ugly head here in this country.

U.S. support to the Contras is the number one impediment to peace in Central America. As Nicaragua has made bold initiative to comply with the Central America Peace Plan, surpassing the meager efforts of the other Central American countries who are signatory to the plan, the Reagan administration continues to sabotage the peace accord.

Reagan continues to pursue his failing policy of a fascist takeover of Nicaragua, which has a government that takes responsibility for the welfare of its people, providing jobs, free health care, universal education, child care, and an increased minimum wage; some things Reagan has refused to do in this country. Reagan wants to make an example of Nicaragua, crushing its new-found independence from U.S. domination.

The fascism that Reagan wishes on Nicaragua is coming home to roost in this country.

If you have any feelings pertaining to the fact that our tax dollars are going to sponsor terrorism, call or write your local government official and be a voice in this democracy, before it's too late.

SPRING PREVIEW

SCHEDULE OF EVENTS

- 22 Feb: LIP SINC
1900 In the Auditorium.
\$1.00 at the door for audience
Free for participants (see
Fogel for sign-ups)
Winning group takes half of
the night's intake, remaining
half goes to the Class of 91
funds.
- 26 Feb: PRIME RIB DINNER
1900 on the Messdeck.
Free for middies, \$6.00 for
guests. Semi-formal attire.
- 5 Mar: SEAL RUN
Transportation will be provided for this 4 mile run at Rodeo Beach. Entry fee of \$10.00 includes a t-shirt. Deadline is 26 Feb. See Shelley for more details.
- 5 Mar: RIVER CITY REGATTA
Lake Natoma, Sacramento
This is the Novice Crew team's first race of the season.
- 13 Mar: DIVISIONAL OLYMPICS
Winter divisions will compete in several events. More info will follow shortly.
- 13 Mar: STEAK AND LOBSTER?
This picnic dinner will follow the Divisional Olympics.
- 17 Mar: SAINT PATRICK'S DAY
Remember to wear something green!
- 21 Mar: FINALS BEGIN
- 25 Mar: TSGB RETURNS
- 25 Mar: FINALS END, SPRING BREAK BEGINS

Radicals in Congress will try to kill treaties, Cranston warns

From Tribune Wire Services

WASHINGTON — Assistant Senate Democratic Leader Alan Cranston is warning that "radical right-wing extremists" are preparing a major fight to kill two treaties at once in what would be a "catastrophe" for nuclear arms control.

Cranston, the veteran California lawmaker who counts votes in advance for the Democratic Senate majority, told a news conference yesterday "the battleground is shifting" in the debate over the Intermediate Nuclear Forces Treaty signed Dec. 8 by President Reagan and Soviet leader Mikhail Gorbachev.

Now, he asserted, conservative opponents of the agreement are trying to tie it to the issue

of conventional armed forces and the Strategic Arms Reduction Talks that Reagan hopes could produce another superpower treaty this summer.

"I believe that we can almost surely defeat any killer amendment designed to bring down the INF treaty," Cranston said a week before Senate hearings on its ratification begin. "I believe the INF treaty will be adopted by the Senate."

However, he warned, "I believe the main thing we now have to guard against is amendments or reservations or understandings that senators will seek to attach to the INF treaty that would make negotiations of the START treaty difficult if not impossible."

IN THE STARS

ARIES the infant "I am"
to teach that love is innocence and
learn that love is trust

TAURUS the baby "I have"
to teach that love is patience and
learn that love is forgiveness

GEMINI the child "I think" to
teach that love is awareness and
learn that love is feeling

CANCER the adolescent "I feel"
to teach that love is devotion and
learn that love is freedom

LEO the teenager "I will"
to teach that love is ecstasy and
learn that love is humility

VIRGO the adult "I analyze" to
teach that love is pure and learn
that love is fulfillment

LIBRA marriage "I balance"
to teach that love is beauty and
learn that love is harmony

SCORPIO sex "I desire"
to teach that love is passion and
learn that love is surrender

SAGITTARIUS knowledge "I see"
to teach that love is honesty and
learn that love is loyalty

CAPRICORN experience "I use"
to teach that love is wisdom and
learn that love is unselfishness

AQUARIUS idealism "I know"
to teach that love is tolerance and
learn that love is Oneness

PISCES submission "I believe"
to teach that love is compassion and
learn that love is ALL

ARIES--Watch out for wolves hiding
in sheep's clothing.

TAURUS--When that "favorite" teacher
of yours says "uh" for the hundredth
time in an hour, keep in mind he
could say it two hundred times. So,
count your blessings!

GEMINI--Remember that the ship will
be back soon so go out right now and
buy your supply of "soap-on-a-rope"--
hurry!

CANCER--Watch out for yourself. Too
many late night walks over the bridge
or climbing up large towers could
lead to "grounding" situations.

LEO--When you bring that special
someone to your room while your
roommate "suddenly" had to go to see
the doctor, make sure you are
protected against this "summer heat"
we seem to be having--just in case
something happens to arise and your
airconditioner doesn't want to work!

VIRGO--You seem to work well with
your hands, at least that is what
they tell you, but watch out for
chafing and blisters.

LIBRA--Your life needs a little
culture! Take that special friend
and go to the Ballet or to an art
show. Who knows, you may even enjoy
the change of pace.

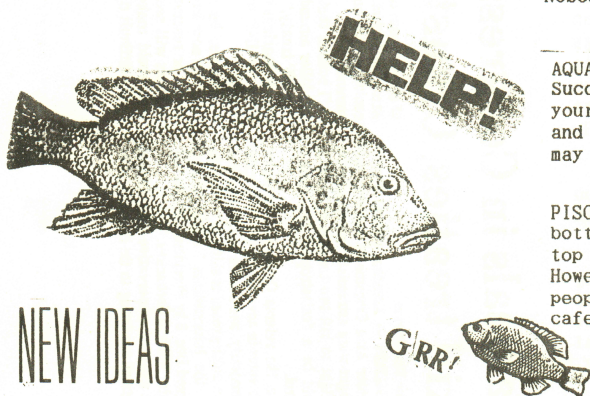
SCORPIO--Yawn!

SAGITTARIUS--With the end of the
trimester getting close, set your
mind on priorities. Be honest with
yourself on whether the "Cosby Show"
is worth failing physics.

CAPRICORN--It's time to shut your
mouth and let others talk. Stop
trying to be right all the time.
Nobody likes a smarty-pants!

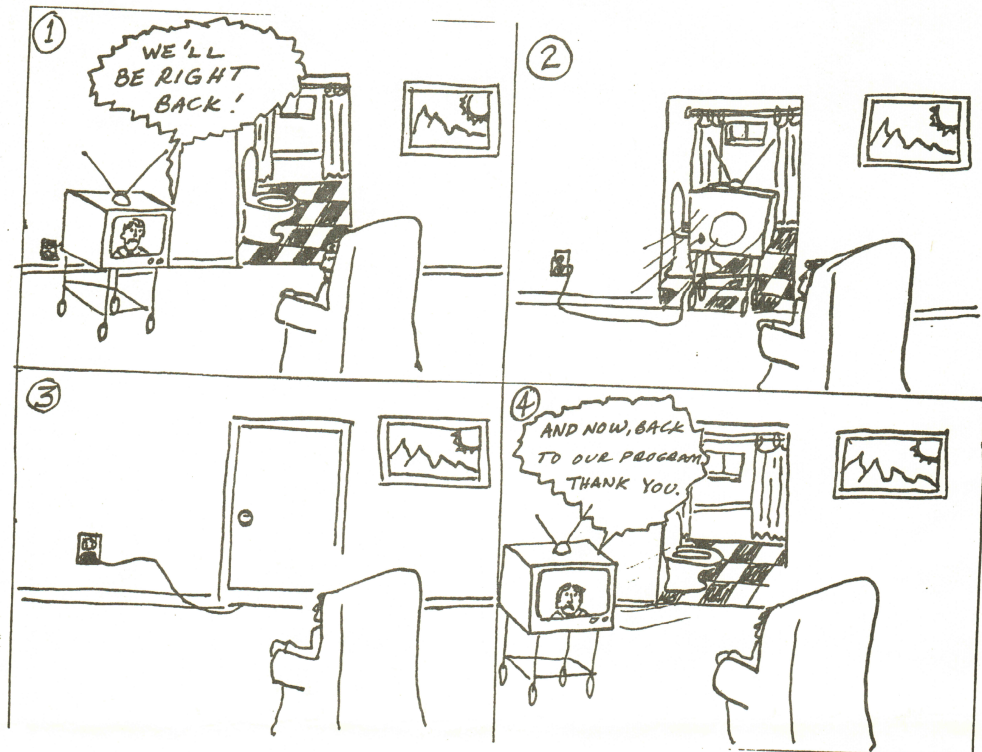
AQUARIUS--This is your month!
Success in school and love will be at
your finger tips--prod them gently
and carefully, otherwise surprises
may lurk in dark corners.

PISCES--Although you are at the
bottom of this list, you are on the
top of almost every other list.
However, don't use this against other
people or you will wind up with the
cafeteria's eggs on your face.



IT'S NOT THE SIZE OF THE WAVE, IT'S THE MOTION OF THE OCEAN.

SPECIAL



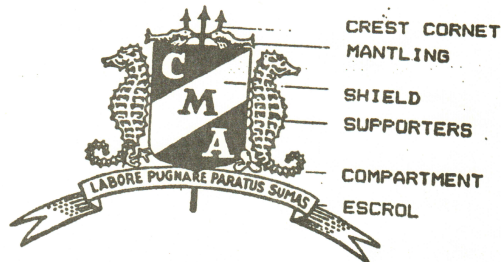
STUDENTS--con't

Societal issues are also on minds. Aids ranked as "the most pressing" with 27.6 percent, well ahead of the numbers preoccupied with nuclear war and peace, which come first with 21.5. The AIDS crisis has already had a significant influence on student's personal habits. An overwhelming 86 percent said that they intended to use caution in any sexual relationship, would restrict themselves to those with whom they were involved in a one-to-one relationship or remain celibate until a cure was found. Only 2.4 percent of the 86%, however, chose the latter.

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ANSWERS: d)venereal warts

Yes, certain herpes and warts viruses are happy to grow anywhere. Physical contact of an infected area like your hands or lips, to an uninfected area may transfer the virus.

The staff of the Binnacle is still seeking help with the production of the paper. Persons are needed to help with ideas, articles, and advertising sales and design. Please contact anyone on the staff for more information. Clubs, organizations, and individuals are actively encouraged to publicize upcoming plans/events. The Binnacle can not come out if you don't let us know what's happening. HELP OUT!