

# Freestyle DAILY



**Norwegian Sun**    **Monday, May 29, 2006**    **Today's Forecast**    **Sunrise**    **Sunset**  
Partly Cloudy    4:28AM    8:34PM  
58F / 14C

Growing old is mandatory. Growing up is optional.  
It sure beats the alternative.

## SPOTLIGHT SHOWTIME

*The Amazing Comedy Juggling of*  
**Shark Bait**

**STARDUST LOUNGE DECKS 6 & 7 AFT**  
**7:30PM & 9:30 PM**

### WHAT'S ON TAP TODAY!!

**WELCOME TO KETCHIKAN, ALASKA** at approximately **7:00AM** - The *M/S Norwegian Sun* docks in Ketchikan. We must wait for clearance from the local officials and set our gangway before anyone proceeds ashore. Guests on Shore Excursions, please check your tickets for meeting times and locations. **Announcements will be made in public areas and on channel 23 on your stateroom T.V.** Gangway location is subject to change throughout our stay due to the tides. All Guests have to present their Sun Key Card to security officials prior to disembarking the ship and boarding. For security purposes, always carry a piece of photo I.D. and proof of citizenship (Passport or birth certificate) with you at all times while ashore. Enjoy your day in Ketchikan! **All aboard will be at 2:30PM as the *M/S Norwegian Sun* prepares to sail for Juneau.**

**70'S GROOVE PARTY:** - Join your *Cruise Director's Staff & Harmony & Rhythm* at 10:30PM as we go back to the days of polyester bell-bottoms & the Disco Ball! Could it be? Is that really Gloria Gaynor, John Travolta and the Village People? This evening the party is in Dazzles Disco, Deck 6, Mid

**NEWLYWED/NOT SO NEWLYWED:** Join your *Cruise Director Darin* for this hilarious, sometimes risqué event. You never know what your fellow guests will say! Couples will be selected at the show and good times are guaranteed for all.  
8:30PM Dazzles Disco, Deck 6, Mid

### DON'T MISS THIS!

The Mandara Spa will be open while in all ports until 10 PM. Check out all the great in-port time specials. For details dial #29. Deck 11, Fwd.

### KETCHIKAN

"Alaska's First City" is a culturally laden port of call, characterized by having more Totem Poles than anywhere else in the world. It's actually known by many names including, "Totem Town" and "King Salmon Capital of the World", Ketchikan is home to the largest Native population in the state.

Before Spanish settlers showed up in the 1700s, Tongass and Cape Fox Natives called it "Kitchk-him", the meaning of which is unknown, but believed to be associated with "eagle winged river", as Ketchikan does spread out in the distinct form of an eagle in flight. Like many towns in Alaska, it was the Yukon Gold Rush that helped it grow. During WWII it turned into a hub for pulping activities. Today, between 8,000 and 15,000 people call Ketchikan home, depending on the season of course.

## Alaska, Day 3, Ketchikan, Alaska, Resort Casual/70's

Did you remember to set your clocks back one (1) hour before retiring last night (Sunday)?

### DEAR CRUISE DIRECTOR

**Question** - We have heard so much about the jewelry shopping in Alaska, is there anything truly unique that I should look at and if so, where do I get it.

**Answer** Great question. I have gone to our Port & Cruise Consultant Brent, who is our onboard shopping expert for Alaska for that answer to.

In following with the history of Alaska, which was once owned by Russia, the one piece of jewelry to get this cruise would be Alexandrite.

Alexandrite was discovered in Russia in the late 1800's. The stone got its name from Czar Alexander who fell in love with this stone.

His love for the gem came when he saw it change color before his eyes. It changes color from an Emerald by day and a Ruby by night. Alexandrite is the only gem in the world that will naturally change color. The key to shopping for Alexandrite is the color change. The more drastic it changes the higher quality the stone is.

There are only three stores in Alaska that carry genuine Alexandrite, **Goodmark Jewelers** in Juneau & Skagway and **Royal Treasures** in Ketchikan.

For more questions please see Brent at his desk on Deck 5, Atrium.

### SHORE EXCURSIONS

Last minute decisions on Ketchikan? Your Shore Excursion team is available on the pier during dispatch times to book a tour for today. Don't forget to check your tickets for meeting times & locations. For tours in Juneau and the rest of our ports, drop by tonight at the desk.

**Time:** 6:00PM-8:00PM

**Location:** Atrium, Deck 5, Mid

### MANDARA SPA

It's a perfect day to relax & rejuvenate. Mandara Spa will feature some great health & beauty seminars and some great specials while in port (Please check middle insert for Spa Specials):

**4:00 pm** Burn Fat Fast Seminar

**4:30 pm** Color me Beautiful Seminar

**5:00 pm** Make Up Tricks of the Trade Seminar

### GALLERIA SHOPS

Bijoux Ternier, everything only \$10! Evening bags, Watches, Pashmina's and More. Deck 6, Mid. Special offers when you buy perfume. Deck 7, Aft.

Colombian Emeralds International 50% Off! Rubies, Diamonds, Sapphires and Emerald Earrings & Pendants. A Fantastic Selection at an even better price. Deck 7, Aft.

### PORT AND CRUISE

Brent will be available on the gangway upon arrival for last minute questions on Ketchikan. Remember your **Diamonds International Free Charm Bracelet card, Del Sol Tote Bag Card & Map!** Juneau VIP Shopping cards will be available at the desk tonight. First 100 people receive a **Free 1ct Sapphire.** 5:30PM-6:30PM Deck 5, Mid

### BINGO

Join your Cruise Staff for our **2 for 1 Bingo Session!** Remember, every time you play Bingo you have more chances to win a Free Cruise for 2 to the Caribbean by collecting raffle tickets.

4:00PM Stardust Lounge, Deck 6, Aft

### SUN CLUB CASINO

Don't miss today's fun and exciting No-Limit Texas Hold'em and Blackjack Tournaments! Sign-ups start at 3:30pm. Tournament entries may be pre-sold on a first come first served basis. Feeling lucky tonight? For only a \$1 side bet, our Caribbean Stud Poker progressive jackpot of over **\$52,000** is waiting to be won!  
**Opening Hours:** 4:00pm (approx) - Close

### ART AUCTION

*Old & modern master's auction.* This collector's auction features **Picasso, Salvador Dali, Nechita, Chagall** as well as other popular fine artists. Save 40%-80% below land gallery prices! Fun, Champagne, & \$3000 art raffle!

**Preview:** 4:00PM

**Auction:** 4:30PM

**Location:** Dazzles Disco, Deck 6, Mid

### INTERNET CAFE

**5 Minutes Free!** Spend 5 minutes online and receive your next 5 minutes FREE on your 1<sup>st</sup> login! Must be used in the same session. Please give your receipt to the Internet Manager so he can credit your account. **Please see internet manager for details.** It's not too late to get a time plan and save up to 47% off the pay as you go rate!

### PHOTO GALLERY

Make sure you check out your portraits taken last night. Purchase three portraits today and receive a presentation folio FREE OF CHARGE! Each photograph taken in the restaurants will come with a combo set so you will be able to carry a wallet sized picture of your loved one with you always.

### HOLLYWOOD@SEA

Rent a DVD tonight! \$6.95 for 24 hours, or maybe the unlimited package is the best bargain for you. \$34.95 for unlimited rentals for the cruise! CD's and DVD's available for purchase too, as well as mp3 players!

## MORNING ACTIVITIES

7:00AM (approx.)	<b>Arrival in Ketchikan, Alaska</b> Enjoy your Day!
8:00AM	<b>SA- Step Aerobics</b> Fitness Room, Deck 11, Fwd
8:00AM	<b>SA- Walk A Mile-</b> get your card punched again Promenade, Deck 6, Fwd, Strbd
9:00AM	Su Doku Challenge- pick yours up today! Library, Deck 6, Aft
9:00AM-10:00AM	Library is open for book sign out Library, Deck 6, Aft
10:00AM	Staying onboard? Play a game of Scrabble Malaysia Room, Deck 6, Aft
10:15AM	Morning Trivia- with your <i>Cruise Staff</i> Windjammer, Deck 6, Mid
11:00AM	Movie: "Good Night and Good Luck" 1hr32 PG Dazzles Disco, Deck 6, Mid
11:30AM	<b>SA- Shuffleboard Challenge</b> Sports Court, Deck 12, Aft

## EVENING ACTIVITIES

6:00PM	Friends of Bill W.- with your fellow guests Ball Room, Deck 6, Mid (enter from Havana)
6:00PM	<b>SA- Evening Pilates</b> (\$10 per person) Fitness Room, Deck 11, Fwd
7:00PM	Friends of Dorothy- with your fellow guests Champagne Bar, Deck 7, Mid
7:00PM-8:00PM	Big Band Dance Music with the Showband Observation Lounge, Deck 12, Fwd
7:00PM-9:00PM	SPIN TO WIN Free Pull Slot Machine Casino, Deck 7, Mid
7:15PM	Merengue Dance Class- with <i>Olga &amp; Dilma</i> Fitness Room, Deck 11, Fwd
7:30PM & 9:30PM	<b>SPOTLIGHT SHOWTIME-</b> with <i>Shark Bait</i> Stardust Lounge, Decks 6 & 7, Aft
8:30PM	<b>Newlywed/Not So Newlywed Game</b> Dazzles Disco, Deck 6, Mid
9:15PM-10:00PM	Tribute to ABBA and the Bee Gees Dazzles Disco, Deck 6, Mid
10:15PM-Close	Tribute to Billy Joel, Elton John & the Beatles Windjammer, Deck 6, Mid
10:30PM-11:30PM	<b>70's Groove Party-</b> with your <i>Cruise Staff</i> Dazzles Disco, Deck 6, Mid

## AFTERNOON ACTIVITIES

12:30PM	Informal Bridge Play Malaysia Room, Deck 6, Aft
2:30PM	<b>All Aboard!</b> Next Stop- Juneau
2:30PM	<b>SA- Ping Pong Tournament</b> Tables, Deck 12, Aft
3:00PM	Murder Mystery Dinner Sign Up- limited space Library, Deck 6, Aft
3:00PM	Lecture: The History of Alaska Stardust Lounge, Decks 6 & 7, Aft
1hour after sail	Sun Club Casino Opens Casino, Deck 7, Mid
4:00PM	<b>2 for 1 BINGO!</b> - with your <i>Cruise Staff</i> Stardust Lounge, Decks 6 & 7, Aft
4:00PM	Art Auction Preview (Auction at 4:30PM) Dazzles Disco, Deck 6, Mid
4:00PM	Crafts: Learn to Make Elaborate Braids Borneo/Malaysia Room, Deck 6, Aft
4:00PM	<b>Waves of Cash Blackjack Tournament</b> Casino, Deck 7, Mid
4:30PM	Afternoon Trivia- with your <i>Cruise Staff</i> Windjammer, Deck 6, Mid
4:30PM	<b>Texas Hold'em Tournament</b> Casino, Deck 7, Mid
5:00PM	Make Up- Tricks of the Trade Seminar Mandara Spa, Deck 11, Fwd

## MUSIC AND DANCING

<b>HARMONY &amp; RHYTHM</b>	<u>Dazzles Disco, Deck 6, Mid</u>
7:30PM-8:15PM	
9:30PM-10:15PM	Tribute to ABBA and the Bee Gees
10:30PM-11:30PM	70's Night
<b>SHELLEY O'BRIEN</b>	<u>Windjammer, Deck 6, Mid</u>
8:15PM-9:00PM	
9:15PM-10:00PM	
10:15PM-Close	Tribute to Diana Krall & Norah Jones
<b>PRYME TYME</b>	<u>Observation Lounge, Deck 12, Fwd</u>
8:30PM-9:15PM	Mellow Moods
10:30PM-Close	
<b>LOS AMIGOS</b>	<u>Las Ramblas, Deck 12, Aft</u>
9:00PM-Close	
<b>SUN SHOWBAND</b>	<u>Observation Lounge, Deck 12, Fwd</u>
2:30PM-3:30PM	Music By the Pool (weather permitting)
7:00PM-8:00PM	Big Band Dance Music
9:30PM-10:15PM	
<b>FABRIZIO CALIGARIS</b>	<u>Atrium, Deck 5, Mid</u>
6:45PM-7:30PM	(Windjammer, Deck 6, Mid)
8:30PM-10:15PM	
<b>DJ ROMMEL</b>	<u>Dazzles Disco, Deck 6, Mid</u>
11:30PM-Close	Over 18 yrs of age after 11:00PM

## BAR HOURS

7:00AM-Close	Java Cafe	Deck 5, Mid
7:00AM-Close	Sports Bar	Deck 11, Aft
8:00AM-Close	Topsiders	Deck 11, Aft
11:00AM-Close	Great Outdoor	Deck 11, Aft
½ hr after sail	Casino Bar	Deck 7, Mid
Weather perm.	Champs	Deck 12, Fwd
2:00PM-Close	Observation Lounge	Deck 12, Fwd
3:00PM-Close	Champagne Bar	Deck 7, Mid
3:00PM-Close	Windjammer/Havana	Deck 6, Mid
5:30PM-Close	Las Ramblas	Deck 12, Aft
7:00PM-Close	Dazzles Disco	Deck 6, Mid

## BAR PROMOTIONS

Drink of the Day:	<i>Pina Colada</i> - \$8.00 (All Bars)
Coffee:	<i>Mexican Coffee</i> - \$5.75 (All Inside Bars)
Liqueurs:	<i>Served in Love Cup</i> - \$5.50 (All Inside Bars)
Martini:	<i>Gimlet</i> - \$7 (5:00PM-7:00PM)
Smoothie:	<i>Cantaloupe</i> - \$9.00(non-alcohol \$6) (All Bars)
Sail Away:	<i>Flavour Margarita</i> - \$8
First Wave:	<i>Bloody Mary &amp; Caesar</i> \$4.25 8AM-11AM

## GUEST SERVICES

8:00AM-8:00PM	Acupuncture Clinic #29	Deck 11,Fwd
8:00PM-10:00PM	Art Director in Gallery	Deck 7, Mid
1hour after sail	Casino Opens	Deck 7, Mid
8:00AM-10:00AM	Credit Desk	Deck 5, Mid
4:00PM-8:00PM	Credit Desk	Deck 5, Mid
½ hr after sail	Galleria Shops (close 11PM)	Deck 7, Aft
3:30PM-5:00PM	Hollywood@Sea Open	Deck 6, Mid
8:00PM-11:00PM	Hollywood@Sea Open	Deck 6, Mid
5:30PM-6:00PM	International Desk	Deck 5, Mid
8:00AM-10:00AM	Internet Manager	Deck 6, Mid
4:00PM-6:00PM	Internet Manager	Deck 6, Mid
8:00PM-11:00PM	Internet Manager	Deck 6, Mid
9:00AM-10:00AM	Library	Deck 6, Aft
3:00PM-5:00PM	Library	Deck 6, Aft
8:00AM-10:00PM	Mandara Spa - #29	Deck 11,Fwd
8:30AM-10:00AM	Medical Centre	Deck 3, Fwd
4:00PM-5:00PM	Medical Centre	Deck 3, Fwd
Upon arrival	Port & Cruise	On Pier
5:30PM-6:30PM	Port & Cruise	Deck 5, Mid
3:00PM-11:00PM	Photo Gallery Shop	Deck 6, Aft
Upon Arrival	Shore Excursion	On Pier
6:00PM-8:00PM	Shore Excursion Desk	Deck 5, Mid

## IMPORTANT NOTICE:

**Emergency Number:** The ships emergency number is 911 from any ships phone!

**Medical Sharps:** Ask your room steward for a sharps container for needle disposal

**Environmental Hotline:** You may phone hotline at 877-501-5976 or E-mail [semshotline@ncl.com](mailto:semshotline@ncl.com) Reports are confidential.

**Casino:** Must be 18 years or older to gamble or remain in the casino. No winnings or payment due will be honored for any person or bet in violation of this rule.

**Customer Relations:** Help us resolve your onboard service issues quickly by contacting the Reception Desk at #20 or call 1-866-625-1164

**Alcohol Policy:** Alcoholic beverages purchased on land will be collected & secured in our bonded stores and available for pick up on debarkation morning. Service and consumption of alcoholic beverages requires 21 years of age.

## FREESTYLE DINING

24 Hours Room Service available Dial #27/28

### BREAKFAST

5:30AM-10:00AM	Early Riser- Las Ramblas	Deck 12, Aft
5:30AM-10:00AM	Garden Café	Deck 11, Aft
5:30AM-10:00AM	Waffles - Pacific Heights	Deck 11, Aft
5:30AM-10:00AM	Omelets - Las Ramblas	Deck 12, Aft
5:30AM-10:30AM	Great Outdoor Café	Deck 11, Aft
7:00AM-9:00AM	Continuous- Seven Seas	Deck 5, Aft

### LUNCH

11:30AM-3:00PM	Great Outdoor Café	Deck 11, Aft
Noon-1:30PM	Continuous - Seven Seas	Deck 5, Aft
Noon-3:00PM	Lunch Buffet - Garden Café	Deck 11, Aft
Noon-4:00PM	Pizza- Pacific Heights	Deck 11, Aft

### SNACKS

11:00AM-10:00PM	Ice Cream- Garden Café	Deck 11, Aft
3:00PM-5:30PM	Snacks - Great Outdoor	Deck 11, Aft
5:30PM-10:00PM	Tapas in Las Ramblas	Deck 12, Aft
5:30PM-5:30AM	Late Night - Sports Bar	Deck 11, Aft
10:00PM-Midnight	Late Night - Garden Café	Deck 11, Aft
11:00PM-1:00AM	Casino Late Night Snacks	Deck 7, Mid

### DINNER

5:30PM-10:00PM	Mexican Buffet - Garden Café	Deck 11, Aft
5:30PM-9:30PM	Northern Lights- Four Seasons	Deck 5, Mid
6:00PM-10:00PM	Northern Lights- Seven Seas	Deck 5, Aft

## SPECIALTY RESTAURANTS

5:30PM-Close	<i>Pacific Heights</i> #93 Cooking Light	Deck 11, Aft
5:30PM-Close	<i>Ginza</i> #82 Teppanyaki	Deck 12, Aft
5:30PM-Close	<i>Ginza</i> #82 Sushi Bar	Deck 12, Aft
6:00PM-Close	<i>East Meets West</i> #82 Steak House	Deck 12, Aft
6:00PM-Close	<i>Il Adagio</i> #80 Fine Italian	Deck 5, Mid
6:00PM-Close	<i>Le Bistro</i> #81 French /Med	Deck 12, Aft

Reservations are highly recommended for all Specialty Restaurants. Call 58200 or visit the Restaurant Reservation Desk located in the Atrium Deck 5 Mid Ship between 8:00am-5:00pm. Cover Charges Apply (Includes all items except A La Carte) - East Meets West Steakhouse \$20.00, Le Bistro 15.00, Il Adagio \$12.50. Individual pricing applies for Ginza. (Teppanyaki & Sushi Bar). A fee of \$5.00 per person will be charged for cancellations after 5:00 PM. There is no cover charge for dining in Pacific Heights or Las Ramblas.

**Smoking Policy:** Smoking permitted in designated areas & open decks. Cigar & Pipe smoking are permitted in the Havana club Deck 6, Mid & open decks.

**Sports Info:** Golf Clubs are available through Topsiders Bar, Deck 11, Aft, each day from 8:00AM to 6:00PM. The volleyball net will be up each day on the Sports Court, Deck 12, Aft, from 9:00AM-Noon.



NORWEGIAN CRUISE LINE

FREESTYLE CRUISING