

Single Sailor



12 Days of Christmas

Anna General

Fleet and Family Readiness - Marketing

There's no place like home for the holidays. The sweet smell of Christmas, tree trimming, giving

of gifts, carolers singing from house to house, and a festive feast with the family are just the many traditions that we look forward to during the holiday season.

Pearl Harbor's Morale, Welfare and Recreation (MWR) Liberty Programs offer single Sailors and

geographical bachelors a place to call home when they are away from home. With four Liberty Centers providing various recreational activities and a place for Single Sailors to hang out for a game of pool, a video game challenge or surf the Web, the friend-

ly liberty staff will make your holiday a comfortable one.

The centers also feature large plasma flat screen televisions set up complete with Xbox and Wii Consoles and a giant living room with couches, recliners and coffee tables. The Liberty Program is

here to support our Sailors and recognizes the sacrifices they make for our country.

During the holidays, there's no need to pout because Santa is coming to town. Look at what MWR Liberty Programs has planned for you!

Day 1 Dec. 14

Surfing w/Santa at White Plains Beach.

depart Liberty in Paradise (LIP) at 10 a.m. (\$7)



Day 2 Dec. 15

Picture w/Santa

and stocking decorating

/hanging on LIP fireplace.

holiday party

at LIP at 5 p.m. (free).

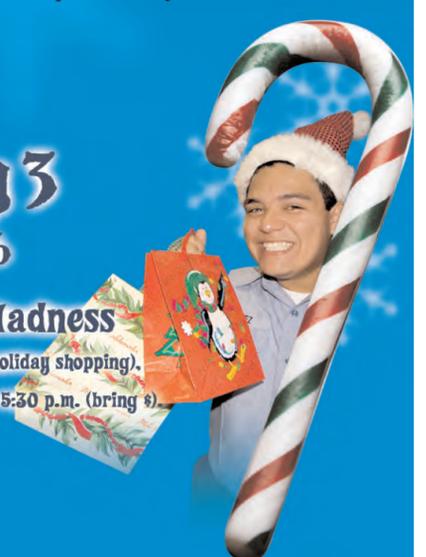


Day 3 Dec. 16

Mall Madness

(last minute holiday shopping).

depart LIP at 5:30 p.m. (bring \$).



Day 4 Dec. 17

Gift wrapping with cookies and milk.

Beeman Center at 4 p.m. (free).



Day 5 Dec. 18

Ice skating at the Ice Palace and hot cocoa.

depart LIP at 7 p.m. (\$8.50).



Day 6 Dec. 19

Dinner and a movie at Ward Center.

depart LIP at 5:30 p.m.

(bring \$).



Day 7 Dec. 20

White Christmas at White Plains Beach.

depart LIP at 5:30 p.m. (free).



Day 8 Dec. 21

Jingle Bell Bowl at Naval Station Bowling Center

at 11 a.m. (free).



Day 9 Dec. 22

Monday Night Football and gingerbread house building contest

at LIP at 2:30 p.m. (free).



Day 10 Dec. 23

Trolley to Honolulu Hale Christmas Lights.

depart LIP at 7 p.m. (free).



Day 11 Dec. 24

Home Alone Movie Marathon.

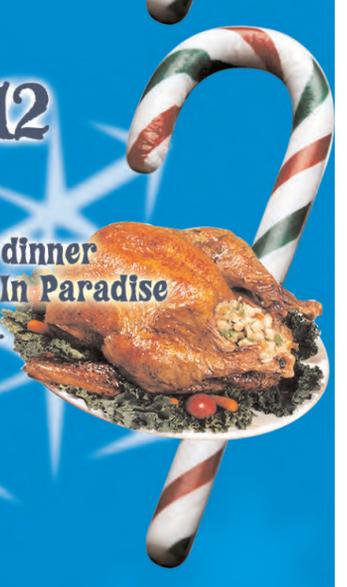
Instant Liberty at 6 p.m. (free).



Day 12 Dec. 25

Christmas dinner at Liberty In Paradise

at 2 p.m. (free).



For more information, call Liberty in Paradise at 473-4279.

Enjoy holiday safety and savings at your NEX

Jennifer Justice

*Pearl Harbor Navy Exchange
Customer Relations Manager*

The holiday season is here and at the Pearl Harbor Navy Exchange (NEX) that means lots of shoppers filling the store in search of great deals on the perfect presents for everyone on their lists. The NEX is prepared with hot items at unbeatable prices, as well as a number of special guest appearances and events to help celebrate the season in true aloha style.

With so much going on, the NEX expects there to be at least twice the usual number of shoppers in the store. But even with the increased foot traffic, NEX officials are committed to making the holiday shopping experience a safe and pleasant one for its customers.

First and foremost, they are committed to protecting customers and their loved ones during their visits to the NEX. Base police will be increasing their presence in the parking lot to assist in protecting customers and their valuables, but they need your help. Don't be a target for crime. Make sure that your vehicle is locked and clear of any valuables.

During the peak weekends when the parking lot is full, the NEX will be providing a free courtesy shuttle for customers parked at the far ends of the parking lot for their convenience and safety. Once in the store, it can be easy to get separated from the rest of your party, so be prepared with a planned meeting place. If you do lose a child, alert an associate right away. All store associates are trained in the Code Adam procedure and can help.

The NEX is also committed to making it easier for customers to get to the merchandise they want. To this end, they will keep the aisles in the

store clear of merchandise so that multiple carts and shoppers can pass through. They have also hired additional associates to ensure customers can find help when they need it, including special holiday helpers to answer questions during those busy weekend hours.

Once customers get to the checkout, they will find that the lines are moving faster than ever, with the addition of more registers and an improved operating system which automatically takes the discount for most sale items. Planning your shopping trip around your already packed schedule? The NEX has extended its hours of operation, opening early and staying open late to accommodate you.

Finally, they have more ways than ever to help patrons stretch their holiday budgets. The NEX has an easy and convenient layaway plan that allows you to pay over time and also keeps presents hidden away from curious eyes.

Or customers can take advantage of the new Take it Home Today plan which allows them to start enjoying major purchases now, and pay later.

Military Star Card holders will receive 0 percent interest for 90 days on purchases greater than \$249 made before Dec. 24. Don't have a Military Star card? Sign up and receive 10 percent off your first day's purchases. And don't forget, you'll never pay sales tax at your Navy Exchange.

Only at the NEX will customers find so many great ways to get what they want without breaking the bank. So stop by for some holiday shopping, or bring the kids to meet Santa.

For more information about any of these programs, call 423-3274.

ASYMCA holiday food baskets

The Armed Services YMCA (ASYMCA) will continue to fill and distribute holiday food baskets through the holidays for military families and single Sailors with children. It will be accepting dona-

tions of non-perishable food items and money through mid-December.

They are also a distributor of Toys for Tots and are seeking toys and monetary donations.

For more information about the holiday food basket program or to contribute, contact Terri Nelson, ASYMCA outreach program director, at 473-3398 or email at asymcabay@aol.com.



PACFLT Band to present holiday favorites



The U.S. Pacific Fleet Band will present a holiday concert at 7 p.m. Dec. 10 in the Luau Garden of the Hale Koa Hotel. Admission is free; no tickets are required. Enjoy an evening of holiday musical favorites. For more information, contact the Pacific Fleet Band at 474-4151, ext.13.

Skylark CENTRAL

WORD SEARCH
Find these 22 different kinds of Penguins! found around the world



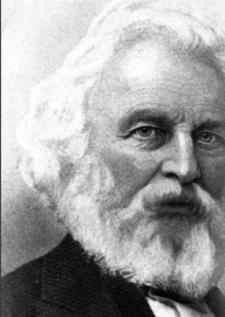
ADELIE	ROYAL
FIORDLAND	CRESTED
MAGELLANIC	JACKASS
AFRICAN	SNARES
GALAPAGOS	EMPEROR
NORTHERN LITTLE	KING
CHATHAM ISLANDS GENTOO	WHITE-FLIPPED
ROCKHOPPER	ERECT-CRESTED
CHINSTRAP	MACARONI
HUMBOLDT	YELLOW-EYED
	FAIRY

C C G I E W M M R I I E R A W
 H A E T C L A Y O R T R Y E H
 A I N R O C K H O P P E R L I
 T R T O A E D R A D L C Y F T
 H N O R T H E R N L I T T L E
 A N O I N P T P O F E C T C F
 M N I E M S S W I Y E R I A L
 I A P E N C E O E E A E O S I
 S A G I L Y R I A F J S K N P
 L T H E E D C R P E A T E A P
 A C T D L O B M U H C E E R E
 N E R A T L A R D T K D E E R
 D T N L A G A L A P A G O S E
 S D L D E R D N A F S O N I D
 T L C A A D E L I E S C T I F
 O H E P N N I N A C I R F A K

WHO SAID IT?
 "Most turkeys taste better the day after; my mother's tasted better the day before."



LAST WEEK'S WHO SAID IT?
 "WE JUDGE OURSELVES BY WHAT WE FEEL CAPABLE OF DOING, WHILE OTHERS JUDGE US BY WHAT WE HAVE ALREADY DONE."
 - Henry Wadsworth Longfellow



WORD SEARCH SOLUTION
 Find these 42 islands that make up THE BRITISH ISLES



ALDERNEY	COLONSAY
HAYLING	ISLE OF WIGHT
MULL	SKYE
ANGLESEY	FOULNESS
HOLY	JERSEY
NORTH UIST	SOUTH UIST
ARRAN	GORUMNA
IRELAND	LEWIS AND HARRIS
ORKNEY	ST. MARY'S
BARROW	GREAT BERNERA
ISLAY	LINDISFARNE
PORTSEA	WALNEY
BENBECULA	GREAT BRITAIN
ISLE OF MAN	LISMORE
ROUSAY	WESTRAY
BUTE	GREAT CUMBRAE
ISLE OF PORTLAND	MERSEA
SHAPINSAY	WHALSAY
CANVEY	GUERNSEY
ISLE OF SHEPPEY	MUCKLE ROE
SHETLAND	YELL

T M I S L E O F S H E P P E Y C
 E E H Y T R B Y L Y I P E E W
 Y E N R E D L A Y E D S N E Y U
 L R L R E Y R S A N L A L K U
 E O N I A T I R B T A E R G S N
 T M L S F E O R W L O R H A M
 S S E I O S W C L E F A M I O
 I U W M R S Y I S T R E F W R M
 U L M E R S E A D H U O S E U Y
 H G R E A T B E R N E R A C A E
 T S I U H T U O S L I T K S Y N
 R T I A D S U A S S O L L E A K
 O M T E N S Y L I D E A V A S R
 N A Y E A G R Y M R H N C N N O
 C R A U S H L B O W A D L M O D
 G Y I H I N R E R C A E M U L L
 S S O L W A R U S A E S T R O P
 A L U C E N E B E N T T O C F
 Y G N I L Y A H U I Y S U G N E
 F I S L E O F W I G H T N B N M

This Week's Trivia
 What great American statesman lobbied to make the turkey the national symbol?

Last Week's Question: How many people were awarded the Congressional Medal of Honor for their service during the attack on Pearl Harbor?

Answer: There were 15, of which 10 were awarded posthumously. Of the five survivors, one was killed in action 11 months after the events at Pearl Harbor. Today, Only one recipient, Lt. John Finn, age 98, is still living.



Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

ARMY/NAVY FOOTBALL GAME AT INSTANT LIBERTY

The Army vs. Navy football game will be on Dec. 6. Instant Liberty will open early and serve free breakfast for everyone watching the game. FMI: 422-7167.

HOLIDAY BASKETBALL TOURNAMENT

A holiday basketball tournament will be held Dec. 12-21. Participation is open to all active duty service members from Pearl Harbor, Barbers Point, Naval Computer and Telecommunications Area Master Station, West Loch and Kunia. The cost is \$50 per team. Games will be played at Bloch Arena. The deadline for entry is Dec. 3. FMI: 473-4182.



WINTERFEST 2008

Winterfest 2008 will be Dec. 12 at Club Pearl Paradise Island Lounge. The fun begins at 6 p.m. with a tree-lighting ceremony, holiday carols and festive treats. Enjoy activities, games, crafts, bounce houses and a visit from Santa. Harbor tours to view the Festival of Lights start from Merry Point at 7 p.m. and end at 8:30 p.m. Winterfest 2008 is a fun-filled event for the entire family. Each child will receive a special gift for the season from USO Hawai'i. The

celebration is free and open to all active duty, military-affiliated and Department of Defense (DoD) personnel, their families and sponsored guests. FMI: www.greatlifehawaii.com.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

November

Today - Color pin bowling will be available from 11 a.m. to 4 p.m. at the Naval Station Bowling Center. Make a strike when the color head pin is up and win a free game of bowling. FMI: 473-2574.

23 - Aloha Music International will present Hoku Zuttermeister, the 2008 Na Hoku Hanohano award winner, at the NEX at 11 a.m. Hawai'i's sweetheart Raiatea Helm will also sing sweet songs of aloha at the NEX, starting at 1 p.m. FMI: 423-3330.

24 - USS Chung-Hoon Family Readiness Group will hold its monthly meeting at 6 p.m. at the Pearl Harbor Memorial Chapel. The group will discuss the upcoming ship's Christmas parties (adults and childrens). Baskets for the Halfway Dinner Fundraiser will also be available for purchase at the meeting. FMI: 440-4648 or e-mail chunghoonfsg@yahoo.com.

December

5 - Navy-Marine Golf Course will be closed for a shotgun tournament. There will be no twilight play. Pro Shop hours are 6:30 a.m. to 6 p.m. and the driving range will be open from 6:30 a.m. to 9 p.m. FMI: 471-0142.

13 - The Navy Exchange will host its annual Breakfast with Santa from 8-9 a.m. at the Mall food court lanai. Breakfast includes hotcakes, sausage and other items. Breakfast is only available to the first 100 patrons. Purchase tickets at the Aloha Center in the Mall at Pearl Harbor rotunda.

15 - Deadline for the applications for the Science, Mathematics and Research for Transformation (SMART) Scholarship for Service Program. The program aims to increase the number of civilian scientists and engineers working at Department of Defense (DoD) laboratories. FMI: www.asee.org/smart.

Sharkey Showtimes



Beverly Hills Chihuahua (PG)

Chloe, a diamond-clad, bootie wearing Beverly Hills chihuahua enjoys her luxurious lifestyle so much, she hardly notices Papi, a tough looking chihuahua who happens to be head-over-paws for the pampered pooch. But when Chloe gets lost in the rough streets of Mexico with only a street-wise German shepherd to help her find her way home, Papi heads south of the border -- joining forces with a motley crew: two humans, a sly rat and a nervous iguana to rescue his true love.

TODAY

7:00 PM Body of Lies (R)

SATURDAY

2:30 PM Beverly Hills Chihuahua (PG)

4:45 PM The Express (PG)

7:15 PM Quarantine (R)

SUNDAY

2:30 PM Beverly Hills Chihuahua (PG)

4:45 PM Flash of Genius (PG 13)

7:00 PM Nick & Norah's Infinite Playlist (PG 13)



MWR announces winners of Ultimate Athlete Command Challenge

Story and photo by
Camille Sargent

Fleet and Family Readiness -
Marketing

Morale, Welfare and Recreation Fitness conducted the Ultimate Athlete Command Challenge on Nov. 20 at Ward Field. Five teams of six each represented a Navy Region Hawai'i Command in the competition, which consisted of sports-based challenges to test strength and endurance.

The series of challenges included long jump, soccer shoot and home run relay. Jamie Robbins, MWR fitness intern, created the contest to give Sailors a



Winning Team, USS Lake Erie (From left to right) Operations Specialist 1st Class Lonnie Kerr, Interior Communications Electrician 2nd Class Travis Jones, Fire Controlman 2nd Class Eric Bauer, OS1 Anthony Burgos and OS2 Justin Franck (front). (Not pictured) OS1 Lateef Day.

fun, competitive alternative to the normal PT work out. "I wanted to give the Sailors the opportunity to have fun doing PT," said Robbins. "The contest allowed them to compete against each other while meeting their fitness requirements."

The winning team represented USS Lake Erie (CG 70). One of the two participating Seabees teams placed second and Navy Information Operations Command Hawai'i(NIOC) placed third.

Prizes were awarded to the top three teams. To participate, each Sailor was required to donate at least one non-perishable food item to benefit the Hawai'i Food Bank.

Making the most of the holiday season

Andrea Hantman, LCSW

Fleet and Family Support Center,
Civilian Employee Assistance Program

The military brings together people of various ethnic and cultural backgrounds and we are expected to function as a team. We are in many ways like a family. We see each other daily. If the unit is working well, we help each other and respect differences. We are there for each other in times of sickness or trauma, such as death or divorce. We celebrate holidays together as well as on our own.

Let's look at how we handle our differences during the holiday season. The holidays we celebrate may differ. Some people do not celebrate holidays at all. Some have happy memories of holidays past. Others have unhappy memories.

For one person, Christmas may recall an alcoholic parent binging and spoiling family gatherings. For another, it may be being a different religion than the majority and feeling like an outsider. For a third person, the holidays will bring the warm close loving memories of childhood. For some, the holidays will trigger feelings of grief, recalling the death of a child or parent or the end

of a relationship.

Gift giving differs depending on family tradition, temperament, stage of life and monetary situation. Do you approach holidays with a spirit of sharing or of measuring?

How would you like to approach it? How do you feel about re-gifting? Some people are insulted to be given what seems to be a "leftover". For others, it is the thought that counts and recycling is "a good thing." Much depends upon early experience and much is in the "eye of the beholder."

However you celebrate the holidays, here are some "holiday tips":

- Be kind to yourself, adjust expectations, you don't have to be perfect, relax and enjoy.
- Focus on what gets accomplished, not what doesn't.
- Share responsibility.
- Reduce "shoulds."
- Prepare children, moderate their activity to reduce over-stimulation.
- Acknowledge feelings of loss and joy.
- Listen to your body.
- Live within your budget: a thoughtful note, photos, baked goods, a specially copied CD all say "I'm thinking of you" and they don't cost a lot.

- Call a friend.
- Treat yourself to some quiet time.
- Nurture your spirit with walks, your favorite music and a good book.
- Set boundaries: Prioritize, say 'no' when you need to.
- Take the opportunity to build a new support system by inviting new friends and acquaintances to share your celebration. Invite the family member of a deployed Sailor to join your holiday celebration.
- Find creative alternatives to connect with loved ones. Write a heartfelt letter.
- Enjoy the holidays. Find what is special for you and expand it.
- Make a plan for something fun to do in January.

Embrace a positive attitude of gratitude for all your blessings.

Contact your Civilian Employee Assistance Program (CEAP) counselor for information, help with your concern and referral as needed. See the FFSC Web site at www.greatlifehawaii.com for a list of FFSC classes given in December. Classes are free to Department of Defense employees, military and their families.

For more information, call 474-1999, ext. 6204.

Shape Fitness Program

Morale, Welfare and
Recreation

Navy Fitness has partnered with Commander, Navy Installations Command (CNIC) Headquarters to launch SHAPE, a new physical fitness program specifically for active duty Sailors age 40 and over.

The program is designed to give "mature" Sailors the help that they need to maintain good health and nutrition. Officers and enlisted personnel will receive all of the benefits of having a personal trainer at no cost. A SHAPE fitness specialist

will conduct the lectures, which are free and open to all active duty Sailors, ages 40 and over and their family members.

The remaining schedule is as follows:

- Dec. 3 - Selecting Proper Athletic Apparel
- Dec. 10 - Outdoor Adventure Center/Outdoor Fitness
- Dec. 17 - Healthy Pot Luck Holiday Dinner

Each lecture will be held from 5 to 6 p.m. at Bloch Arena in the group exercise room. To schedule your initial consultation, call 473-0793.

