

"NIVARATA" continued from Page 6

jugglers, a photo contest and the "Shop Window Display" competition, a challenge of taste and creativity.

Nivarata will also, for the first time ever, announce an amazing international food festival partnership. The festival will offer visitors the opportunity to experience the true taste of Sicily and discover that unique mixture of cultures which best represents the essence of our island.

During EXPO 2015, from June 22-28, some gelato masters who participated in Nivarata 2014 will join the Eurochocolate cocoa and chocolate cluster and get on stage to produce some chocolate and cocoa granita with the cocoa of six countries involved in the event.

The public will be shown how to prepare this type of granita and will be invited to taste it.

Themes of the meetings will be: Sicilian granita, the historical figures and the different ways of making granita which lie behind the tradition and the Nivarata festival in itself as promoter of granita.

Festival Schedule's highlights include: Presentation of the granitas participating in the "Granita of the Year" competition (May 29-30, 5 - 7pm, Palanivarata villa Belvedere); "Lumière" - Light show by Compagnia Odè (May 29, 9 - 10 pm, Palanivarata - villa Belvedere - "Lumière"); Vintage car display by Club Trinacria Old Motors (May 30, 10am - 1230 pm and 5:30 - 7:30 pm, Piazza Duomo and Corso Umberto); Live food show: "Sicilian cuisine and patisserie, between innovation and tradition" by Ristoworld, APCI delegazione Catania, CONPAIT (May 30, 10-11:30am: Palanivarata - villa Belvedere); Granita tasting (May 31, 10am - 11pm - Area Relax - ex angolo di paradiso - villa Belvedere 4 - 11pm - stalls - piazza Indirizzo - villa Belvedere); Best Granita Award Ceremony, opening show by "Triskelion" folklore group from Roccalumera (May 31, 9pm, Area relax ex angolo di Paradiso - villa Belvedere).

For more information and detailed schedules visit <http://www.anivarata.it/en>

**THE SIGNATURE** Advertising Agent in Sigonella  
**Sebastiano "Nuccio"**  
 cell. 333-6019233

## THE HEALTHY WEIGH

A Multi-disciplinary Weight Management Program

Sign-up by:  
10th  
JUNE

**Two days of Orientation and Education starting on June 17<sup>th</sup>-18<sup>th</sup> from 0800-1430**

**Weekly Accountability for 12 weeks**

**A Customized Weight Loss Plan developed with you by HealthCare Professionals to include:**

- Medical Doctor
- Registered Dietitian
- Wellness Coach
- Personal Trainer
- Behavioral Health Consultant

**For more info or to sign up call 624-4710 or Email: [NHSigonella-HealthyWeigh@med.navy.mil](mailto:NHSigonella-HealthyWeigh@med.navy.mil)**

# Staying or moving when your spouse is deployed

**BY FLEET & FAMILY SUPPORT CENTER SIGONELLA**

NAS SIGONELLA, Sicily - When the service member receives orders to deploy, your first impulse may be to pack up your belongings and move back home to a more familiar surrounding, especially if you haven't been married for long. While there are advantages to being among family and old friends while your spouse is away, there are many benefits to staying in the military community. Before making a decision, it's important to think through the pros and cons of staying or moving.

**Deciding what's right for you**

The decision to stay or leave is a personal one that will depend on a number of factors, including the following:

- **Your ties to the community where you live** — If you have lived on or near the installation for a while, you've probably developed support systems that can help you while your spouse is away. The people in these communities maybe able to help you with any challenges you encounter during the deployment.
- **Your children** — It's easier to pick up and move if you don't have children. But if you have a baby or toddler, you may want to live with relatives who can help you care for them. If your children are older, moving may be disruptive, especially if they are in school and involved with sports, lessons, or other organized activities.
- **Whether you have a place to move to** — If you plan to move back in with a parent or other relative, how do they feel about sharing their home with you and perhaps your children? Although moving back home may be done with the best of intentions, it can also create added stress.
- **Your finances** — Moving means paying transportation costs for you and your children twice — once when you leave, and again when you return to the installation. You will also have to pay to transport or store your furniture and other possessions.
- **Your willingness to spend the time before your spouse deploys preparing to move** — If there's enough notice before the deployment, you and your spouse may want to take a last-minute vacation or just be together without the distraction of packing up your home, canceling services, and looking for a new place to live.
- **Your housing situation** — If you will be paying rent in a new location, it may not be covered by your Basic Allowance for Housing (BAH). BAH is based on the housing market in the area where the installation is located. If rent is more expensive back home, then you'll have to cover the difference yourself. If you live in government quarters, you may not be able to keep your housing if you leave. Check with the housing office to find out whether you can leave your place vacant until you return after the deployment.
- **Your need for special medical treatment** — If you have a child in the Exceptional Family Member Program (EFMP), the special care he or she receives may not be as readily available in your new location.

**Advantages of remaining on the installation**

Your reasons for wanting to move back home when your service member deploys are good ones. You may need a break from the military lifestyle and the constant

reminders of the deployment by others. You may look forward to the love and support that your extended family and old friends can give you. Before you make up your mind, it's important to consider the advantages of remaining at the installation until your service member comes home:

- **Access to installation services** — If you stay on or near your installation, you'll have easy access to the commissary, NEX, recreational activities, family and community support, legal assistance, and other services.
- **Family readiness and unit activities** — Many installations have special activities and programs for family members of deployed service members. This is a good way to meet others in your situation and to stay connected with your spouse's unit.
- **Medical care** — If you need to see a health care provider while you're living away from the installation, you may not be able to find a preferred provider and you could end up spending more for medical treatment. Visit the TRICARE website for more information on medical services in different areas.
- **Other military families to turn to for support** — It can be comforting to be with people who share your experience or have already been through a deployment. Friends and family back home may not understand the military lifestyle or the unique circumstances of a deployed service member.
- **Safety and security** — You and your service member may have peace of mind knowing that you're in a familiar environment on or near a military installation.
- **Keeping children's routines intact** — Your children may enjoy visiting their grandparents or other relatives, but leaving home to move in with them — even temporarily — will disrupt your children's normal routines.
- **A chance to settle in** — If you recently moved to the installation, you can start putting down roots while your service member is away. His or her transition back home after deployment will be easier if routines have been established and the family is settled.

**If you decide to move closer to family**

Once you have considered all the options, you may decide that moving closer home is the right choice for you and your family. If you decide to move

- **Give your contact information to your spouse's unit.** Though it sounds obvious, be sure to give your spouse your new address and phone number.
- **Contact TRICARE.** Talk with a TRICARE representative to help you understand how your health care benefits will cover you and your family.
- **Notify installation housing or your landlord that you will be moving out.**
- **Change your address at the post office.** Otherwise your mail won't be forwarded.
- **Keep in touch with the Family Readiness Group.** Be sure they have your contact information. You may want to visit the units website to stay connected.
- **Look for ways to connect with other military spouses or support programs.** Your local Red Cross chapter or the State Family Program at the Joint Forces Headquarters is a good place to start.

For more information, call FFSC @ 624-4291 and we will connect you to resources to help you consider all your options and make the decision that is right for you.

## SPECIAL NO-FOOD

**TABLE**  
With 2 Armchairs  
Various Colors

**169,90**

**COOKWARE**  
Different Kinds  
(A Piece)

**5,90**

**WHITE PLASTIC CHAIR**  
"Giada"

**8,90**

**FREEZER**  
LT 100 - CM 58x58x85

**169,90**

**CLASS A +**

**OFFER VALID UNTIL MAY 28**

**ICE CREAM**  
"Cornetto Algida"  
x12 gr 900  
€ 5,10 a kg

**4,59**

**MILK**  
Semi-Skimmed  
Sole Lt 1

**0,65**

**RED TOMATO**  
Made in Italy  
Category II

**0,75**

**SEMOLINA PASTA**  
Barilla  
various formats  
Kg 1,35  
€ 0,73 a kg

**0,99**

**WHOLE CHICKEN BREAST**

**4,50**

[www.spaccioalimentare.it](http://www.spaccioalimentare.it) seguici su

**Discover within supermarkets, the leaflet with all the products on offer!**

**centro sicilia**  
CATANIA  
Ring Road West (Exit San Giorgio)  
Open Every day from 9:00 am to 9:00 pm  
Call for your take away booking  
Tel: 095-51-83-400

**I Portali**  
San Giovanni La Punta (CT)  
Open Every day from 9:00 am to 9:00 pm  
Call for your take away booking  
Tel: 095-51-83-500

**i papiri**  
SIRACUSA  
Via Necropoli del Iusco, #1  
Open Every day from 9:00 am to 9:00 pm  
Call for your take away booking  
Tel: 093-11-84-7000

**LE VELE**  
ACIREALE (CT)  
Via Pidazzo Santa Maria Ammalati  
Open Every day from 9:00 am to 8:30 pm  
Tel: 095-29-38-888  
Gastronomy not available!

**Super Spaccio Alimentare**  
Dalla tua parte!

**Paid Classified Ads**

**Intl & foster care adoptions,**  
home studies, post adoption services.  
Hague accredited agency.  
[www.adopt-abroad.com](http://www.adopt-abroad.com) - US  
1-888-687-3644.

**PhD student needs your help!**  
Please take the free survey on Enhanced Interrogation and Religion. <https://www.surveymonkey.com/s/XL2T3BT>

**Apartment downtown Motta**  
(main street next to the bank and ATM machine)  
Three bedrooms, two bathrooms, kitchen complete, living room, laundry, air conditioning and central heating, alarm system and elevator  
F.M.I. Please Call. Joseph  
+39 342 8022 540

**LA JUNGLA**

**PET SHOP GROOMING**

30% Discount on purchase of pet animals.  
Dog taxi for vet and grooming services.  
Total assistance with pet export.

Via Comunità Economica Europea, 19 - Misterbianco (CT)  
Tel. 095 462810 - [www.lajungla.it](http://www.lajungla.it) - [lajunglamisterbianco@alice.it](mailto:lajunglamisterbianco@alice.it)

**BEAUTY CENTER Agostina**

- Permanent make-up • Facial treatments • Make-up
- Semipermanent Eyelashes • Electrolysis
- Body massages • Thermosculpture
- Waxing - Manicures • Pedicures
- Semipermanent nail polish

**TANNING BED** for face/body  
Treatments H.p.p.l. (Light hair removal)

Via Enrico Toti, 9 - Motta S. Anastasia (CT)  
Tel. 095.308639 • Cell. 339.6502283  
[agostinanewplace@katamail.com](mailto:agostinanewplace@katamail.com)

**europ assistance**

**24 HOUR**

- REPAIR SHOP • BODY SHOP
- CAR RENTALS

**DUMP ROAD FROM NAS1 TO MISTERBIANCO**

CATANIA  
Via C. Pisacane, 11/13  
Tel. 095-209027  
Cell. 348 8917284 - 348 8917279 - 348 8917278

ENGLISH SPOKEN

95045 MISTERBIANCO  
C.da PONTE ROSA s.p. 12° s.m.  
Tel./Fax 095-463607

**American Auto Center**

serving U.S. military since 1986

**A/C recharge specialist**

**COMPLETE AUTO REPAIR DOMESTIC AND FOREIGN CARS**

IN FRONT NAS 1 (SIGONELLA) • YOU ARE # 1 WITH US  
TEL. (095) 7130187 - 3349086817  
[www.americanautocenter.it](http://www.americanautocenter.it)

The best  
**Mexican Food**  
in Catania

**CARLITO'S**

Via Gistra 71, Catania  
095 346709  
 Carlito's mexican food

**Alphio's Garden**

B&B • Restaurant • Pizzeria • Sandwiches

Free shuttle from and to Nas I, Nas II for customers coming in to eat

Take Away

Special price for banquets and parties

Open every day for Lunch and Dinner, Closed Sunday

**FREE DELIVERY AT YOUR HOME**  
IN MARINA!

Get your fidelity card.  
You can use it at Restaurant, Gas Station and Franco's Bar

We are located front Marinal Residence near NAS II  
FMI Call 095 6143 953 - Cell. 347 2761 592 e-mail [alphiosgarden@hotmail.it](mailto:alphiosgarden@hotmail.it)