

COASTLINE



March 12, 2020 | Volume 30, Issue 5

U.S. Naval Activities Spain

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CO's Corner



Capt. David Baird

Season of Uncertainty: COVID-19

Greetings Team Rota! Spring is in the air, the weather is getting warmer, and the days are getting longer. However, it might be hard to enjoy this season right now as we are also in a season of uncertainty. Given the choice, most of us crave some semblance of certainty in our lives. We are creatures of habit, and our daily routines

also know that those most at risk are those over the age of 60, and those with preexisting risk factors. We know that this virus is easily transmitted from person to person through contact.

Most importantly, we know that good hygiene practices such as frequent hand washing with soap and water for at least 20 seconds, using hand sanitizer, avoiding contact with people who are sick, staying at home when you are sick, and covering coughs and sneezes with a tissue and then throwing that tissue away are all effective at slowing the spread of the virus. Social distancing measures such as avoiding handshakes and "Dos Besos" greetings, maintaining six feet of separation at dining facilities and checkout lines, and avoiding large gatherings also contribute to slowing the spread of the virus.

What I don't know for certain is exactly how this virus will spread here and how quickly we will need to make adjustments in our community. We are learning from our friends in Naples and Bahrain as they take actions like closing the school, reducing other services, restricting the movement of people who have had close contact with COVID-19 positive persons, and now, in Italy, complete lockdown. We will take their lessons learned to be even more effective here in Rota if and when we need to take similar measures.

I want all of you to know that I will share all factual information as quickly as I can, and you can rely on AtHoc messages, all hands emails, and NAVSTA Rota Facebook posts to contain the truth and are your best sources of the most current information.

I am continuously amazed at how well our Naval Station Rota community comes together to support one another. This season of uncertainty will require that support to continue, and through it I know we will weather this season and continue to live our best lives here in Spain!

enable planning, efficiency, and productivity. But for now, because of the COVID-19 virus, we all need to accept a degree of uncertainty.

I write this on Tuesday knowing that by the time this edition of COASTLINE is published, our COVID-19 situation here in Rota will have changed. But I have no way of knowing how, when, where, or by how much the situation will have changed by the time you read this. So let me share some of the things we do know, and some of the things we think might occur.

First, I definitely know that the health, safety, and well-being of our entire Naval Station Rota community will always be my top priority, I also know that we have a highly skilled team of professionals at Naval Hospital Rota, NEPMU-7, our Fire and Emergency Services Department, our Emergency Management Department, our Security Department, and throughout the installation and our tenant commands who are well prepared to deal with whatever comes.

With the help of Naval Hospital Rota and NEPMU-7, I have come to understand some more details about COVID-19. It is important to remember that more than 80% of cases of COVID-19 are mild and do not require hospitalization. We

On The Front Cover



An explosive ordnance disposal technician from Explosive Ordnance Disposal Mobile Unit 8 (EODMU 8), assigned to Navy Expeditionary Combat Force Europe-Africa/Task Force (CTF) 68, uses a Ceia V3 metal detector as part of combat roadside clearance training, Feb. 28, 2020. (Photo by MC3 Katie Cox)

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Coronavirus:

Information to keep you and your family safe

What we know:
COVID-19 is a respiratory illness that is spread from person-to-person. Someone who is actively sick with COVID-19 can potentially spread the illness to others. The safety of our personnel and their families is important to us. See below to learn how you can protect yourself and the steps to take if you believe you may be sick:

Prevention:

- ◀ Avoid close contact with people who are sick
- ◀ Avoid touching your eyes, nose and mouth
- ◀ Stay home if you are ill
- ◀ Cover your cough/sneeze with a tissue and dispose of immediately after
- ◀ Clean frequently touched surfaces with disinfectants
- ◀ Wash your hands with soap and water for at least 30 seconds before eating, and after sneezing, coughing or using the bathroom
- ◀ If available, use alcohol-based hand sanitizer with at least 60% alcohol.

Symptoms:

Mild to Severe respiratory illness with fever

Difficulty breathing

Cough

Steps to Take:

NAVSTA Rota: If you are concerned about possible flu and cold like symptoms and you have a recent history of travel to high risk areas you MUST call 727-3387 (on base) or 956-82-3387 (off base) for guidance PRIOR to your arrival at the treatment center.

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Election Season Do's and Don'ts: A Guide for Sailors and Navy Civil Servants

From NavyLive Blog

With presidential and congressional elections approaching, the Navy encourages every one of us to exercise our right to vote.

Just as important is the right to free speech. But we also have the right to be free from political pressure while we're at work. That means being mindful of laws that prevent us from using our position to advance a political view.

First, how much do you know about what you can and can't do while on duty, in uniform or in the federal workplace?

Test your knowledge below—and then take a look at some great resources to help you stay on the right side of the law.

Quiz: True or False?

(Answers at the end)

1. I can wear my uniform at a political rally as long as it's my Type IIs and my unit patch is removed.
2. It's OK to volunteer for a campaign on your own time for things like phone banking, posting signs or asking for donations.
3. As long as I'm on my lunch break, I can "like" a political message on Facebook or retweet a candidate while I'm still on the installation.
4. It's OK to have a poster of Presidents Teddy Roosevelt or John F. Kennedy on my wall since I served on both of the carriers named after them.
5. A campaign bumper sticker on your car or truck is permitted even while parked on a federal property.
6. I can bring to work a shirt with the logo #RESIST or Make America Great Again, as long as I don't actually wear it.
7. A private conversation about a political issue is OK, even at work.

Who's Included

Sailors, like other military service members, are bound by DoD Directive 1344.10, "Political Activities by Members of the Armed Forces." This document outlines the specific types of political participation that military service members may take part in.

All federal civilians are bound by the Hatch Act of 1939. The U.S. Office of Special Counsel, which enforces the Hatch Act, offers answers to frequently asked questions about what's allowed and what's prohibited.

Some federal employees at certain agencies are subject to additional restrictions. For more information, visit the OSC's Hatch Act information page.

Sharing on Social Media

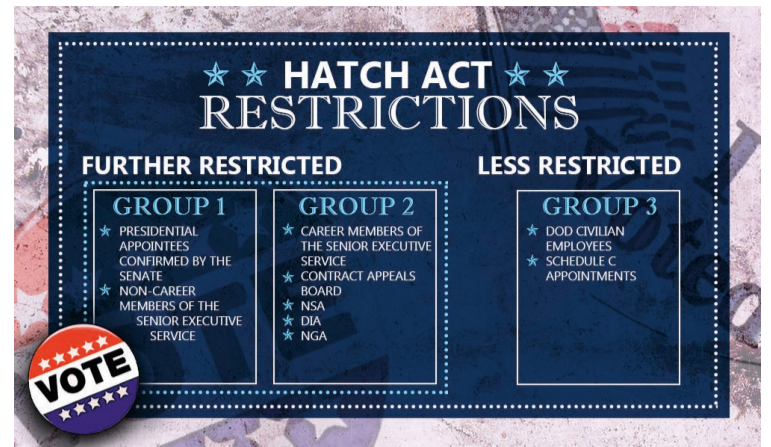
Social media can be particularly tricky.

All federal employees may not:

- Use a social media account in your official capacity to engage in political activity at any time (but including your official title/position on a social media profile is allowed).
- Tweet, retweet, share, or like a post or content that solicits political contributions at any time
- Like or follow the social media page of a candidate for partisan office or partisan group while on duty or in the workplace
- Engage in political activity via social media while on duty or in the workplace, or using government-owned equipment

In addition, further restricted employees may not:

- Link to or post the material of a partisan group or candidate for partisan office at any time
- Share or retweet the social media pages or posts of a



partisan group or candidate for partisan office at any time

Quiz ANSWERS

1. False. You cannot wear any part of your uniform at a political function.
2. Mostly false. You can volunteer but can't ask for donations.
3. False. Liking or retweeting while on federal property is not allowed, even from your personal phone while on your lunch break.
4. True. Since neither past president is a current candidate for office, you can display those items as allowed by your command or installation.
5. True. A normal-sized bumper sticker is permitted, even if you park your car on federal property.
6. False. The Office of Special Counsel has said that both slogans are political statements and so neither one is permitted in the federal workplace.
7. It depends. You still can't advocate for or against a political candidate, but a friendly, private discussion of current events is allowed so long as the other person is a willing participant.

Department of the Navy Releases Education for Seapower Strategy

From the Office of the Navy Chief of Information

The Department of the Navy (DON) released its new Education for Seapower Strategy 2020 today, providing a clear plan to help Sailors, Marines, and Department of the Navy civil servants develop the knowledge, critical thinking skills, and strategic perspectives necessary to prevail against any adversary across the full spectrum of conflict.

The strategy was developed in response to the 2018 Education for Seapower (E4S) report, which concluded that to maintain naval power in an era of great power competition and technological change, the Navy and Marine Corps need to strengthen and expand their educational efforts.

“The most predictable thing we can say about the future is that it will be unpredictable,” said Acting Secretary of the Navy Thomas B. Modly. “Preparing for that future means investing in more platforms and new weapons systems, but nothing will be more important than the investment that we make in learning, and a force made up of people who thirst for it.”

The strategy is based on three strategic pillars: Creating a Continuum of Learning for the Entire Force; Integrating Education into our Talent Management Frameworks; and Strengthening and Investing in our Naval University System. These three pillars and their supporting objectives seek to strengthen intellectual development in seven critical areas:

- Creative and Critical Analysis
- Ethical decision-making
- Strategic Thinking
- Warfighting excellence
- Geopolitical awareness
- Technical and Technological Competence



Photo by MC2 Nathan K. Serpico
Department of the Navy Chief Learning Officer (CLO) John Kroger engages with Naval Postgraduate School faculty and staff during a town hall discussion regarding the Naval Education Strategy and its impacts on NPS during his visit to the campus, Feb. 20, 2020.

Resource Management and Acquisition Acuity

“If we want to out-fight potential adversaries, we have to out-think them,” said DON Chief Learning Officer John Kroger. “I want to thank Chief of Naval Operations Michael Gilday and Commandant of the Marine Corps David Berger for their leadership and support as we developed this joint strategy.”

Many of the specific objectives outlined in the strategy, such as creating a Naval Community College, are already well underway, while others are still in early planning and development phase.

“As we begin to implement the strategy, we are prepared to adjust to new and evolving priorities, but our commitment to intellectual preparedness and warfighting advantage will be steadfast,” Kroger added.




Photo by MC2 Class Nathan K. Serpico
U.S. Navy Chief Learning Officer (CLO) John Kroger, right, speaks with Vice Adm. Stuart Munsch, Deputy Chief of Naval Operations for Warfighting Development (OPNAV N7) during Naval Education Strategy discussions at the Naval Postgraduate School, Feb. 19, 2020.



Photo by MC2 Tom Tonthat
Department of the Navy Chief Learning Officer (CLO) John Kroger, right, and Vice Adm. Stuart Munsch, Deputy Chief of Naval Operations for Warfighting Development (OPNAV N7), engage with Naval Postgraduate School leadership during discussions of the Naval education strategy during a visit to the university campus, Feb. 19, 2020.

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Navy-Marine Corps Relief Society (NMCRS) Rota's Active Duty Fund Drive Kicks Off



Photos by MC1 Benjamin Lewis

Capt. David Baird, from right, commanding officer of Naval Station Rota, Spain, Courtney Snyder, Navy-Marine Corps Relief Society (NMCRS) Rota Director, Chief Sonar Technician (Submarine) Shawn Hoehn, and Command Master Chief Gary Rosenbaum, participate in a cake cutting ceremony to kickoff the Active Duty Fund Drive (ADFD), at NAVSTA Rota, Feb. 26, 2020.



Capt. David Baird, commanding officer of Naval Station Rota, Spain, speaks during a cake cutting ceremony to kickoff the Active Duty Fund Drive (ADFD) on behalf of the Navy-Marine Corps Relief Society (NMCRS), at NAVSTA Rota, Feb. 26, 2020.



Capt. David Baird, right, commanding officer of Naval Station Rota, Spain, and Cmdr. Justin Canfield, executive officer of NAVSTA Rota, sign contribution forms during the kickoff ceremony of the Active Duty Fund Drive (ADFD) on behalf of the Navy-Marine Corps Relief Society (NMCRS), Feb. 26, 2020.

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- ADMINISTRATIVE STAFF: 1
- VOLUNTEERS: 174
- VOLUNTEER HOURS: 8,000+

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604
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29
Clients were assisted in creating a budget to better manage their finances.



6,737
Is the total amount of clients served at the Thrift Shop.



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Naval Station Rota ADFD Contributions



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PUBLISHER'S CORNER

BROASTER CHICKEN has come to Spain!



Broaster Chicken is NOT a fast-food chain. Rather, "broasting" is a unique method of cooking chicken and other foods with techniques that were invented in 1954. The method essentially combines pressure-cooking with deep frying in order to pressure-fry chicken that has been marinated and breaded.

The inventor of this method, L.A.M. Phalen, managed to create a chicken product of the highest quality, and was able to offer juiciness and tenderness in those products, while achieving low oil-absorption during the process. The results - in quality, flavor, and cooking speed - were revolutionary. Imagine fried chicken that is always fresh, tender, and juicy! This is what characterizes the Broaster Chicken brand and makes it clearly different from its competitors. In 1956, Mr. Phalen formed the Broaster Company which enjoyed its initial success in the State of Wisconsin. In 2020, the Broaster Company will celebrate 64 years of food-service success. It now licenses more than 5,000 restaurant locations in the United States, with additional locations in 54 countries. The Broaster Chicken brand has been traditionally licensed to, and associated with, fine-dining establishments which have offered Broaster Chicken products as an additional and special item on their menus.

Now, Broaster Chicken is available as a special menu-item at one of the finest restaurants in El Puerto de Santa Maria - The "Pantalán G Restaurant." It is in Puerto Sherry, and has long been known to offer a top-notch dining experience. It now offers a wide variety of Broaster Chicken items, including Genuine Broaster Chicken pieces, Buffalo wings, the Broaster Chicken "Burger," Potato Wedges, a variety of accompanying sauces, Chicken Livers, Caesar Salad, Chicken Wraps, and children's menu items including Chicken Breast Nuggets and Chicken Fingers.

The "Pantalán G" restaurant is located next to the Hotel Puerto Sherry once you pass the Puerto Sherry Roundabout. It provides Broaster Chicken as part of its in-house dining, as well as on a take-out basis. Delivery is now available to any point in

El Puerto de Santa Maria, including the Fuentebavía and El Puerto entry gates to the Rota Naval Base. Although the restaurant is open from Thursday to Saturday from noon to 2200 and on Sunday from noon to 1700, the take-out service for Broaster Chicken is available from Tuesday to Sunday from noon to 2230.

The "Pantalán G" has been Puerto Sherry's flagship restaurant since 2015. Its owner, Juan Carlos Arjona, is a tireless entrepreneur who did not hesitate when he was approached about incorporating Broaster Chicken as part of his menu offering. He is excited about offering this treat to all of the Americans in the area, by providing a tried-and-true American product that is sure to please.

For more information please see their ad later in the paper (hint: go to pantalang.com or pantalan-h.com. The restaurant's number is 956 871 865 and for delivery service call 856 305 603 or you can order online at pantalan-h.com-- or download their app.

ZEN CHINESE RESTAURANT

This well known restaurant has been serving Americans tasty Chinese food for many years. They are open for business after a holiday break and look forward to your visit. Please see their ad in today's paper.

AJEDREZ BEACH CLUB

Ajedrez Beach Club on the beach in Chipiona is one of the five best beach chiringuitos of Spain according to the El Pais newspaper. It is my favorite chiringuito. The setting and relaxed Thai decor helps shift one's mood to vacation mode instantaneously. The Asian menu is superb and prepared by their renown Thai chef.

Ajedrez Beach Club is the ideal location for "homo playensis" to enjoy the summer. The Ajedrez Beach Club team is ready for the new season which kicks off on 25 March. This year the restaurant will be open from 10:00 am to 02 am. Lunch from 13:30 to 16:30 and dinner from 18:30 to 12:00 midnight. During the day the Club continues open for their hammock service and offers a simple informal yet very tasty menu. Reservations are a good idea, please call 956.235.071 or 626.126.960.



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Hitting the Road with the Kids: Spain's Car Seat Regulations

By Courtney Pollock
NAVSTA Rota Public Affairs

Relocating to Spain means a lot of adjustments as you navigate life in a foreign country. Simple things, like car seats, can suddenly seem tedious especially when regulations are different and in a different language. Cayetano Alcedo Marquez, administrative supervisor at Naval Station (NAVSTA) Rota Security department, has a few tips to ease the transition and ensure that you and your child are within Spanish regulations.

"It's important to know the local regulations for their [kids'] safety and to avoid traffic tickets," explained Alcedo Marquez.

The Royal Spanish Decree 965/2006, article 117 outlines the car seat regulations and similar to the United States, many of the regulations are based on height and weight.

For children up to 18 months or 28 pounds, they must be in a rear-facing car seat. The car seat must also be in the back row of the vehicle; front seat is prohibited.

Children from 9 months to 4 years of age or 19-39 pounds are to be placed in forward-facing car seats in the back seat of the vehicle. The car seat should be a five-point harness (shoulders, hips and between legs).

A child aged 3 to 12 years of age or 33-79 pounds can be transitioned to a booster seat with straps in the proper placement. The booster seat helps properly place the straps for the child to protect them in case of an accident.

Proper placement of straps are when the diagonal strap goes over the collarbone and shoulder without touching the neck. The lap belt should be as low as possible with it over the hips and on the thighs, but never on the stomach

At approximately 12 years of age and 135 centimeters (53 inches) of height, the child can use a standard seat belt without booster seat. Additionally, the child may now also use the front seat of the vehicle. Prior to this, the driver can be fined if the child is in the front seat of a vehicle.

A traffic violation for any of the above car seat regulations is a 200 euros ticket.

With these few tips, you can explore Spain knowing you are within the car



Photo by Dennis Rogers
Air Force Staff Sgt. Ashley Sandoval (left), 21st Force Support Squadron, secures Savannah Butler (right) into her car seat as Savannah's mom, Air Force Staff Sgt. Montie Butler (center) looks on. Sandoval provided car seat training to Schriever Air Force Base, Colorado, parents at the Child Development Center in a program hosted by the 50th Space Wing safety office.

seat regulations and your children are safely protected. If you have additional questions, please contact NAVSTA Rota Security department at 727-1703. If you are stopped at the gate and refused entry,

Alcedo Marquez recommends talking with the U.S. Security representatives that work in the office at the Rota and Puerto gates, or give the Spanish department a call at 727-1703.

Important Information

U.S. Security's representatives:

Rota: 727-2610

Puerto: 727-4397

Royal Spanish Decree 965/2006, article 117

http://noticias.juridicas.com/base_datos/Admin/rd965-2006.html



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Community Members Participates in Read Across DoDEA Event

By Courtney Pollock
NAVSTA Rota Public Affairs

Naval Station (NAVSTA) Rota leadership and community members volunteered to read to students at Rota DGF Elementary School as part of the Read Across DoDEA, March 5-6, 2020.

Read Across DoDEA is a similar event to Read Across America events being held stateside. Read Across America is a year round program by the National Education Association (NEA) to motivate children and teens to read. March is National Reading Month and NEA hosts several larger events. Rota DGF Elementary School was no different with a variety of events throughout the week to encourage reading through "fun, literacy-focused events."

Amy Richards, information specialist at Rota DGF Elementary School, coordinated the event in conjunction with NAVSTA Rota School Liaison Officer (SLO) Randy Lambert, Rota DGF school leadership, and volunteer readers from

throughout the community.

"I love being involved in an event that not only engages our students in literacy, but involves participation from members of the greater community," said Richards.

One community reader was Aviation Boatswain's Mate (Handling) 2nd Class Elliot Salgado, assigned to NAVSTA Rota Air Operations Department.

"I participated in this event because I just love being involved in the community and interacting with children," he said. "I couldn't pass up on the opportunity to promote good reading habits, and seeing all the beautiful smiles on their faces. This was definitely a great way to start off my day!"

It wasn't only the volunteers who had their day brightened by the readings. The students – preschool, Sure Start, kindergarteners, and first- through fifth-graders – were engaged, asking questions and seemed excited to hear the stories being read to them by community members.

This year over 50 community members,



Photos by Courtney Pollock
Capt. David Baird, Naval Station Rota, Spain commanding officer, reads to children at Rota DGF Elementary School as part of Read Across America, March, 5, 2020.

recruited by Rota SLO, volunteered time to go read to preschool, Sure Start, kindergarteners, and first-through fifth-graders at Rota DGF Elementary School. NAVSTA Rota Commanding Officer Capt. David Baird and Command Master Chief

Gary Rosenbaum were in attendance, both reading to kindergarten classrooms. "Being able to participate in events like this is one of the best parts of my job," said Rosenbaum. "This year I was able to bring in one of my family's favorites, 'The Highway Rat' by Julia Donaldson, to share with the kids. I think they like it!"



Signe Constales, School Age Care director, reads to children at Rota DGF Elementary School as part of Read Across America, March, 5, 2020.



Aviation Boatswain's Mate (Handling) 2nd Class Elliot Salgado, assigned to Naval Station Rota air operations department, reads to children at Rota DGF Elementary School as part of Read Across America, March, 5, 2020.



Jeffrey Shelton, Youth Sports coordinator, reads to children at Rota DGF Elementary School as part of Read Across America, March, 5, 2020.



Thomas Durning, Naval Station Rota Morale, Welfare and Recreation (MWR) director, reads to children at Rota DGF Elementary School as part of Read Across America, March, 5, 2020.



Command Master Chief Gary Rosenbaum, Naval Station Rota command master chief, reads to children at Rota DGF Elementary School as part of Read Across America, March, 5, 2020.

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Staying Vigilant: Sex Trafficking in Spain

By Sarah Weaver
Contributing Community Writer

If there is one thing most Sailors have in common, it is the love of traveling. Luckily for those of us stationed in Spain, traveling can be easier with everything so close! But even with excitement in the air for memories about to be made, it's still extremely important for Sailors to remain vigilant when traveling. The saying, "If you see something, say something" goes far beyond just the airport. It's a saying all of us should apply to our everyday lives.

In 2011, a United Nations report listed Spain as the third largest capital of prostitution in the world.

Not all prostitutes are sex slaves, forced with violence by their abusers, but most of them are and unfortunately, it's almost impossible to tell the difference on who is performing these acts willingly and who is forced to. Up until 2010, sex trafficking in Spain wasn't even viewed as a crime. Even with the police doing what they can, it's not enough to stop a widespread epidemic that is affecting the entire world.

According to Spanish government reports, many sex trafficking victims arrive in Spain by sea via Morocco. A majority of victims come from countries with social and economic problems that have a negative impact on their lives. These refugees are fleeing their homeland for a better life, but unfortunately being a refugee makes them vulnerable. Sex traffickers see them as prime targets who are looking to exploit not only the women, but the children as well.

Even though you may not see prostitution

taking place doesn't mean it does not exist. Unfortunately, many tourist areas don't broadcast what illegal business they are doing because there are too many people watching. For example, in Seville, prostitution is no longer noticeable on streets like La Alameda, therefore the traffickers force their victims into the outskirts of the city which is a lot more dangerous. The Mayor of Seville, Miriam Diaz, has allowed access to shelters and social workers for sex trafficked victims. But, even with these resources to help these victims, the problem remains at large.

According to the website stopthetraffik.org, some of the signs to spot a sex trafficked victim is if they:

- Act like they are instructed by someone else.
- Demonstrate signs of mental and physical abuse.
- Are distrustful of police and other related authorities.
- Seem anxious.
- Have little-to-no contact with family members.
- Has made threats against themselves.
- Not being in control of their own personal documents.
- Seem coerced to carry out activities they don't wish to perform.

So, if you are traveling and you see someone who might be a sex slave, you can call the National Human Trafficking phone number at 1-888-373-7888 to report any incident you might find. It might even be best to have the number saved in your phone so you can be quick when reporting the incident. You never know whose life you could be saving.

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ACF Polaris received \$1.75 million through competitive funding through the U.S. Department of Health and Human Services, Administration for Children and Families, Grant #92201124-01-00. The project will be financed with 43.75% of Federal funds and 56.25% (\$2.25 million) by non-governmental sources. The presence of this flyer and solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services, Administration for Children and Families.

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Jeffrey Shelton

Jeffrey Shelton is the Youth Sports Coordinator at Naval Station (NAVSTA) Rota. He manages the daily operations, recruiting and training of volunteer coaches, and administrative tasks for the installation's youth sports program.

Shelton, originally from Delaware, Ohio, retired from U.S. Air Force in 2011 after 24 years of active duty service. Being able to return to NAVSTA Rota as the youth sports coordinator was a dream.

"Offering healthy fitness options to the NAVSTA youth community that reflects sports programming stateside," he said is one of the best parts of his job.

He is known by his coaches and students as "Coach Shelton" which is a title given to him by the former Rota DGF Elementary School

gym teacher Coach Cooley upon retirement. Shelton considers the work he does on base as one of best parts of being stationed in Spain.

"Being a vital part of a collective sports community that spans from 3 to 60 years old though involving CYP, DGF and MWR Fitness," he said. "It's fun to be involved."

In his free time, Shelton enjoys "cooking, golfing, and being involved in cultural events in the local community."

Community involvement is an essential part of his job as he actively recruits volunteer coaches for all youth sports seasons. A position that is time consuming yet rewarding.

"I think our sports volunteers are the greatest in the nation," said Shelton. "And if you see one, tell them 'thank you.'"

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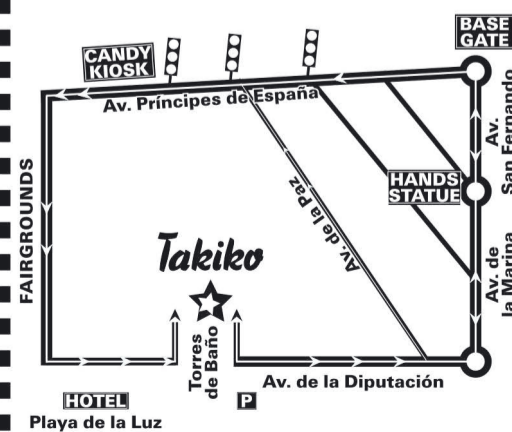
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Eat Right, Bite by Bite: March is National Nutrition Month

From Health Promotion and Wellness Department
U.S. Naval Hospital Rota

March is National Nutrition Month®, and every year the Academy of Nutrition and Dietetics celebrates nutrition throughout March to focus on the importance of making informed food choices and developing sound eating habits. This year's theme, "Eat Right, Bite by Bite" sends the message that quality nutrition isn't restrictive, but that small changes to your diet can have a cumulative effect on health over time.

How can you and your family or fellow members make small changes this March? Here are some ideas that we encourage you to give a try in honor of National Nutrition Month. Make it a team effort and gather support from your family or friends to try some of these changes out:

- Commit to trying a new fruit or

- vegetable each week this month
- Eat more meals together as a family
- Enjoy a meal without technology and savor each bite
- Read the Nutrition Facts label and identify the amount of added sugars or number of servings in the foods you consume
- Try a new recipe and add vegetables to it, such as a homemade pizza with green peppers and mushrooms
- Swap out soda for a fruit-infused water
- Contact Naval Hospital Rota's Registered Dietitian Nutritionist for more ideas and a personal nutrition consult: Call Amy Reed (self-referral) through the appointment line at 727-3618 or commercial, 956-82-3618

Fact or Fiction? Take the National Nutrition Month® 2020 Quiz!

1. *A healthy eating style includes a limited number of foods.*
FICTION - A variety of nutritious foods from ALL of the food groups can make up a healthy eating style.
2. *Portion sizes and serving sizes are the same thing.*
FICTION - A portion is the amount you choose to eat or drink; whereas a serving size is used as a reference for what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.
3. *It is recommended that calories from added sugars be limited to 10% of calories per day.*



FACT - Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.

4. *Most Americans get enough dietary fiber on a daily basis.*

FICTION - It is estimated that most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources include fruits, vegetables, and whole grains.

5. *Everyone needs the same amount of calories, around 2,000 calories per day.*

FICTION - Although 2,000 calories per day can be found on the Nutrition Facts label and on menus, this is only used for general advice. Try a meal tracker app to help determine your individual calorie needs or meet with the registered dietitian nutritionist at Naval Hospital Rota for personalized nutrition guidance.



US Naval Hospital Rota, Spain

The Coastline is Looking for Writers

The Coastline is looking for guest writers and story ideas. Are you traveling some place fun, attending a sporting event, participating in a workshop or cooking class, or leading special training in your office or community? Is there something you heard about or do you have a story idea? If so, we want to hear from you!

Please send story and photo submissions or story ideas to The Coastline at rotacoastline@gmail.com.

You don't have to be a professional writer. Let's get the word out about the community we live in. Publication is subject to approval.



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USS Ross Conducts Rescue at Sea

From U.S. Naval Forces Europe-Africa/
U.S. 6th Fleet Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) conducted lifesaving emergency search-and-rescue operations for a civilian Turkish vessel in the Sea of Marmara while conducting her southbound transit from the Black Sea to the Mediterranean Sea, March 3, 2020.

Late Tuesday morning, lookouts onboard Ross spotted smoke plumes rising from a small vessel in the Sea of Marmara. Ross quickly deployed her small boat, outfitted with two search-and-rescue swimmers and one corpsman, to rescue distressed crewmembers and render assistance. U.S. Sailors were able to rescue three mariners. Additionally, Ross crew members recovered two deceased mariners.

The crewmembers were brought

aboard and provided immediate medical attention. Ross coordinated with the Turkish Coast Guard to transfer the crewmembers ashore. A fleet of Turkish patrol craft guarded Ross from the surrounding traffic as Ross lowered all crewmembers onto a Turkish search-and-rescue craft to return them ashore for further medical attention.

"In accordance with international law of the sea and maritime custom, the U.S. Navy assists mariners in distress, just as any other as any other mariner would," said Cmdr. J. D. John, commanding officer of USS Ross. "This demonstrates the multi-mission capability of Ross and our ability to respond rapidly to any situation"

The U.S. Navy routinely operates in the Black Sea consistent with international law, including the Montreux Convention. U.S. 6th Fleet, headquartered in



Photo by USS Ross (DDG 71) Public Affairs

The Arleigh Burke class guided-missile destroyer USS Ross (DDG 71) conducts Search-and-Rescue operations in response to a disaster at sea in the Sea of Marmara.

Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied, and interagency partners, in

order to advance U.S. national interests and security and stability in Europe and Africa.



A small boat rescue crew from the Arleigh Burke class guided-missile destroyer USS Ross (DDG 71) deploys to conduct Search-and-Rescue operations in response to a vessel in distress in the Sea of Marmara.



Sailors onboard the Arleigh Burke class guided-missile destroyer USS Ross (DDG 71) deploy a Search-and-Rescue swimmer to transfer crewmembers of a disaster at sea to Turkish Coast Guard authorities.



The small boat rescue crew of the Arleigh Burke class guided-missile destroyer USS Ross (DDG 71) deploys a Search-and-Rescue swimmer to recover distressed crewmembers of a disaster at sea while the boat crew assists a corpsman in basic life support.



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Ombudsman Coordinator **Jessa Quitiquit 727-3232** (Jessa.quitiquit.ctr@eu.navy.mil)

NAVSTA ROTA Assembly Chair	Jasmine Mananquil	639-654-889	rotaombudsmanassemblychair@gmail.com
Naval Munition Command	VACANT		Please contact Ombudsman Coordinator 727-3232
NAVSTA Rota	Elvia Rodriguez Jamie Meehan	620-142-231	navalstationrota.ombudsman@gmail.com /
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If you have a question for the ombudsman coordinator or would like to learn more about the program, please contact Fleet & Family Support Center (FFSC) Rota at 727-3232 or commercial, 956-82-3232.

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Photos by MC3 Shelby Jenkins

In late January, Playa Santa Maria de Mar is almost empty and offers great views of the city.

Exploring the City Across the Bay: Cadiz

By MCSN Hannah Fry
AFN Rota

Very few places can you step out the door, and be greeted by a millennium of history, architecture and culture, but here at Naval Station Rota, adventure is just a few steps away. Or in this case, a short ferry ride.

Cadiz is on the southern Atlantic coast of Spain, and lies just seven miles across the water from Rota. The city is easily accessible by train or ferry, and close enough to be an easy day trip. You could always come back tomorrow to see anything you miss!

The city of Cadiz is considered to be one of the oldest city in Europe, and the history packed into it can fill an entire day with discoveries.

Cadiz was founded in 1,100 B.C. by Phoenician merchants and has seen many empires rise and fall since then. The Roman Empire's time in the city is reflected in the remains of a roman theater near the coast. Although currently closed to the public, the area can be seen from outside the fence.

For a period of time during the 19th century, Cadiz served as the capital for the portion of Spain that was not under

Napoleon's control. It was during this time when the Spanish Parliament enacted the Constitution in 1812, otherwise known as the Constitution of Cadiz.

The city, however, offers more than only an impressive history. From architecture to nightlife, Cadiz has something for everyone.

Start your trip off at Plaza de San Juan de Dios and be welcomed into the city by Cadiz a Moret statue. Here you can generally find local artists selling jewelry and paintings, and enjoy performances by street artists. Stop by the tourism booth in the square to grab tickets for a guided tour or a map of the city before heading out.

Not very far from the square is a great place to connect with some of the history of the city, the *Catedral de Cadiz*. Built between 1722 to 1838, the building began at the height of the city's wealth in the 18th century "golden era."

Access to the cathedral is not free, but worth the small fee. Included in the ticket price in an audio tour and access to Torre del Reloj. The audio tour takes a bit of time, but goes through the history of each of the interior chapels and the crypt in detail.

Torre del Reloj is connected to the cathedral and offers stunning views of

the city from its vantage point above the cathedral. Although this tower gives a great view of the city, another nearby tower gives you the opportunity to explore and learn about the city from a single room.

Tavira Tower is one of 134 watchtowers in Cadiz, and the tallest point in the old city. Possibly the most important fact about the tower is that it holds a camera obscura.

An ancestor to modern cameras, a camera obscura is essentially a projector. By using a series of lens and mirrors, the city of Cadiz is projected in real time onto a white screen inside the tower. As you view the projection, the attendant moves the lens to give you a tour of the city below.

After exploring the history and architecture of the

city, a quick stop by Mercado Central should definitely be included in the day. You can grab a bite to eat here or at one of the many restaurants in Plaza de San Juan de Dios or outside the Cathedral.

To end your day, grab a ferry back to Rota. As you head back, you have seven miles to think about where your next adventure will be.



A trip to Cadiz should include a stop at the Cadiz cathedral. An interesting note is that during the construction of Catedral de Cadiz the building materials were changed three times due to financial instability. The changes in stone are clearly visible, and give the cathedral a distinct look.



The narrow city streets are filled with small bakeries, cafes and restaurants that are the perfect spot to give your feet a break and enjoy a quick coffee or treat.



One of Cadiz's main plaza is Plaza de San Juan de Dios with Cadiz's City Hall presiding over it. This lively plaza routinely hosts arts and crafts booths, street performers, and events.



The Torre de Reloj, from the Catedral de Cadiz, offers an impressive "bird's eye" view over the rooftops of Cadiz towards the water.

Spanish Firefighters Pass Rigorous Fire Academy Training with Honors

By Courtney Pollock
NAVSTA Rota Public Affairs

Naval Station (NAVSTA) Rota firefighters respond to a wide range of emergencies with an airfield, ships, family house and facilities within the gates as well as assisting outside the gates in the city of Rota. To meet the rigorous and dynamic environment, NAVSTA Rota Fire and Emergency Services Department recently sent two local national firefighters, Manuel Martinez Diaz and Juan Jerez Fernandez, to the Louis F. Garland Fire Academy in Goodfellow, Texas. The two firefighters are the first local nationals within the region to attend and graduate from the course.

"Although Navy Region EURAFCENT [Europe, Africa, and Central] employs 112 Host National employees on three different continents, the two Spanish firefighters are the first of them to ever attend and pass the extremely challenging course," said Regional Fire Chief Joseph Orona, program director for EURAFCENT Fire and Emergency Services.

The 92-day course includes emergency medical technician, CPR, firefighter I/II, Hazardous Materials (hazmat) Awareness, hazmat operations and airport firefighter. The course is a requirement for all military firefighters coming to NAVSTA Rota in an Aviation Boatswain's Mate (Handling) billet.

"This is a very vigorous training and has a high failure rate," said Shane Rayfield, NAVSTA Rota installation fire chief, who himself attended the course early in his career.

The challenging course helped prepare Rayfield for his career as a firefighter and ultimately now as a fire chief.

"It's very important to learn as much as you can absorb in the academy because as soon as you graduate, you could be fighting a fire your first day on the truck," he explained.

To add to the physical demand and knowledge requirements of the course, Martinez Diaz and Jerez Fernandez had to comprehend and communicate in their non-native language of English.

Martinez Diaz, from Rota, Spain, described the experience as "awesome."

"I learned a lot of things from my instructors and I could meet people who came from different parts of the world," explained Martinez Diaz. "They showed me other points of views meaning a rewarding experience for me."

Being able to indoctrinate the local national firefighters in Department of Defense firefighting techniques was a new initiative that Rayfield, with assistance from regional and headquarter Fire and Emergency Services leadership, worked to push through.

"These are new firefighters and we wanted to see if they could get through the course successfully," said Rayfield. "We knew that the end result would be a top notch firefighter produced in a shorter time rather than waiting two to three years for them to get the certification."

Prior to enrolling these two firefighters in the fire academy, local national firefighters here in Rota complete an online course to achieve the required certification. Rayfield feels that the ability to go to fire school and earn it "hands on" will exponentially improve the ability of his team to respond to any fire emergency on the installation.

Jerez Fernandez, from Rota, Spain, said that the training taught him to be adaptable in new environments as well as deepen his critical thinking skills. In short, it made him more confident in his new role as a firefighter.

"The lessons I've learned and the experience I've gained could not be accomplished in the comfort of home," he explained.

The combined efforts of Rayfield and NAVSTA Rota Training Chief Thomas Wiley as well as Naval Station Rota,



Photos by Airman 1st Class Robyn Hunsinger

Naval Station (NAVSTA Rota) Fire and Emergency Service's local national firefighters pose for a photo after graduating from Louis F. Garland Fire Academy in Goodfellow, Texas, January 30, 2020. The 17th TRW mission is to train, develop and inspire exceptional intelligence, surveillance, and reconnaissance and fire protection professionals for America and her allies.

regional and headquarter leadership paved the way for the two firefighters to travel to the United States for the course.

"These guys are a new breed and culture of firefighters and now we have planted that seed here at Rota," explained Rayfield. "It will be proven when they respond to fires and medical emergencies."

Rayfield went on to explain that the intense training not only created competent new firefighters but also allows these firefighters to teach the other firefighters some new fire techniques.

The team at NAVSTA Rota Fire and Emergency Services hope to continue putting local national firefighters through the course. The department has budgeted for it in fiscal year 2021 and Rayfield plans to continue sending local national firefighters as long as he is in Rota.

Orona reiterated this commitment, "Although faced with challenging financial constraints, when weighing the cost vs.

benefits, this is definitely something we will pursue for future recruits. Rota's newest recruit Eduardo Lopez Mejia, is currently attending the academy."

Lopez Mejia, whose anticipated graduation is May 2020, will return to join his fellow firefighters to continue to protect the people, property and assets in Rota.



Naval Station Rota Fire and Emergency Department's Fire Chief Shane Rayfield pins a local national firefighter during the graduation ceremony at Louis F. Garland Fire Academy in Goodfellow, Texas, January 30, 2020.



The graduation group poses for a photo at Louis F. Garland Fire Academy in Goodfellow, Texas, January 30, 2020

OUR HOMETOWN *PUERTO*

Gastronomy of El Puerto de Santa María

By Concejalía de Turismo

Ayuntamiento de El Puerto de Santa María

Cooking is an art, an art full of flavors and textures, a sublime art for sybarites, and El Puerto offers the freshest land and sea products together with a folk wisdom from immemorial times, whose secrets have been kept by those head chefs who perfectly know the mysteries of pots and pans.



Due to its strong fishing tradition, the cuisine in El Puerto is mainly based on fish and seafood. Pescadito frito, a local fried fish dish, is the most popular way of eating fish in El Puerto. Grilled fish is also delicious. Species such as sole, tuna, swordfish, sea bream, and others are ideal for being cooking this way.



El Aculadero Beach

Our boiled shellfish shops and restaurants are among the most famous ones in the country. The king of shellfish in El Puerto is our local shrimp, which in turn helped to create our famous cocederos, seafood restaurants and/or bars that give El Puerto that incomparable atmosphere.

Eating shellfish at El Puerto has become a real institution for its visitors, a tourist attraction. It is not unusual to find a large number of visitors with a fond picture of Ribera del Marisco Street and its numerous, different seafood places with their popular shellfish shops and restaurants, which have made it possible for shellfish to be available to the majority of people, on their memory.

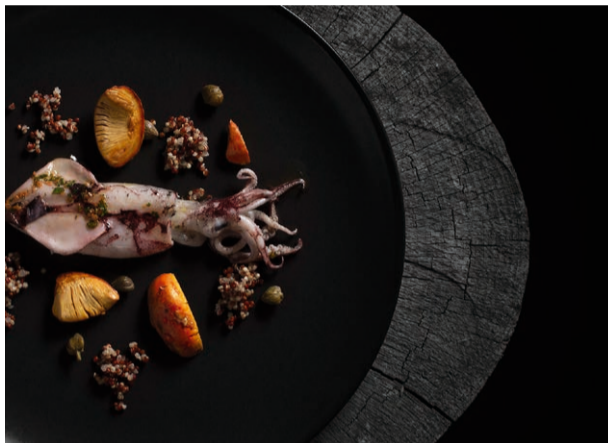
However, even though sea fruits are the main base of our gastronomy, we also have delicious specialties whose raw materials are vegetables, legumes and meats, cheeses, and Iberian ham.



El Aculadero Beach

OUR HOMETOWN *PUERTO*

.However, even though sea fruits are the main base of our gastronomy, we also have delicious specialties whose raw materials are vegetables, legumes and meats, cheeses, and Iberian ham.



Among the wide range of bars and restaurants available in El Puerto de Santa María, we can find everything from the most typical establishments with traditional cuisine to the growing number of places that combine innovative recipes with typical, local products.

This article must award an honorable mention to the one Andalusian restaurant that has 3 Michelin Stars for its creative, market cuisine – A Poniente, located on the bank of Guadalete River and inside El Caño, a former tide mill that has been renovated. Ángel León, known as the ‘Chef of the Sea’ captains the cooking crew of A Poniente, which offers an absolutely innovative and creative cuisine based on the traditional, Andalusian cuisine and uses excellent raw materials to which they provide an innovative but also careful and adequate treatment at all times to prepare the final product.



El Aculadero Beach



Among the desserts, Imperial Tart and Tocino de Cielo – a dessert made of egg yolks and sugar – are especially good and unique in El Puerto because they are made with the yolks of the eggs whose whites are used to clarify the wines. You can find everything from the most typical restaurants with traditional cuisine to the growing number of restaurants that combine innovative recipes with typical, local products.

Come and discover El Puerto, a place that will never disappoint you, where lunchtime or dinnertime become perfect moments to share with friends or family, where these moments can be enjoyed next to the sea, near the river, in an old palace, or under the beams of an ancient wine cellar – moments that nobody wishes to be over. Eating out in El Puerto is not just feeding, it is something else – it is enjoying the delights of a three-thousand-year gastronomic culture.



Rota DGF Middle School Honor Roll

Rota DGF Middle High School held a ceremony to recognize students for earning academic honors.

Grade 6

A Honor Roll

Ella Andrews
Ava Baum
Isabel Berdugo
Conor Brogan
Myrelle Cabugao
Raleigh Colbert
Magnolia Keil

A/B Honor Roll

Saira Ali
David Archila
Demetra Chester
Samuel Coles
Alyssa Delbarrio
Lily Gibson
Aubree Guerrero
Daniel Guido
Eric Jak
Russell Jenkins
Natalyia-Dior Jordan
Robert Jordan
Alyssa Martin
Derek Mitchell
Parker Mueller
Alana Reyes
Sacha Rosenbaum
Clara Sullivan
Keileana Olympia Tiqui
Maya West
Keana Yates
Robert York

Grade 7

A Honor Roll

Ryan Baird
Olivia Bussey
Danielle Mizh Cabug
Fleur Eaton
Zeppelin Hasselbring
Taryn Lockhart
Rachel Owins
Rebecca Owins
Faith Sell

A/B Honor Roll

Natalie Aparicio
Carter Baum
Peyton Bertram
Elliana Escanes
Katherine Fleming
Joshua Gonzalez
Mercy Hahne
Dominic Jak
Layla Kukharev
Tyler Marcus
William Metcalf
Logan Morris
Jayce Musgrove
Alaric Nicolas
Alexis Rigley
Daniel Sobieralski
Christian Suarez
Jacob Sullivan
Owen Sullivan
Diego Villafañe
McKenzie Zolnik

Grade 8

A Honor Roll

Claudine Atienza
Victoria Bonavita
Alexzandra Coleen Cabug
Harold Clark
Alana Geylani
Ilyssa Hagood
Nicolas Lanker
Kaylee Marshall
Allie Moore
Sofia Pescoso
Caleb Prasad
Timiah Pugh
Mckenna Sachs
Eryn Sell
Patricia Socias
Annabella Triplett

A/B Honor Roll

Elsie Bond
Mikaela Chanel Bulusan
Andrew Caprio
Broderick Chester
Olivia Curtis
Kadence Dowling
Tabetha Fischer
Kainoa Gibson
Andrea Mayounga
Dominik Mitchell
Stefania Nesmith
Terrean Pittman
Brooke Ralston
Isabelle Rice
Arianna Rosen
Ma Ysabella Johanna Sheldon
Anthony Walters

Congratulations!!

Rota DGF Admirals Swing into Spring

Photos by Dale Warman

Rota DGF Middle/High School student-athletes did not miss a beat as they moved last week from winter to spring sports, including soccer, track & field, softball and baseball. The Admirals are looking for

more success after capturing division titles in wrestling and cheer over the winter. Rota competes against other schools in Europe-South, as well as area Spanish clubs and schools when possible.



Brianna Gantt patrols third base for the Rota Admirals softball team.



Softball coach Jamie Matteson discusses batting with freshman Faith Landeros.



Zaine Rice takes batting practice for the Admirals baseball team, with Campbell Lamb catching.

Sixth Grade A Honor Roll



Photo by Colin Clark

The 6th Grade A Honor Roll students are, front row from left: Magnolia Keil, Myrelle Cabugao, Conor Brogan and Isabel Berdugo. Back row: Raleigh Colbert, Ava Baum and Ella Andrews.



STEAM EXPO logo created by 5th grader, Scarlet O'Shea

R.E.S.
S.T.E.A.M. EXPO
May 6 – 8th

The S.T.E.A.M. EXPO is an amazing opportunity for all classes and students to participate in the following events:

SCIENCE PROJECT

They research the topic, determine a question to investigate because they do NOT know the answer, then form a hypothesis, design an experiment to test the hypothesis, collect data, and draw conclusions.

- Pre-K, 1st, and 2nd typically conduct a class project; however, individual projects are welcomed!
- Projects from 3rd, 4th, and 5th grade will be judged on Wednesday, May 6th during the school day and students will be interviewed by the judges. There will be awards for 1st, 2nd, and 3rd place in each grade judged and a trophy for Best of Show.
- All INTENT FORMS are due Thursday, April 2nd to Mrs. Chambers.

STEAM DEMONSTRATION

The student clearly explains a Science, Technology, Engineering, or Mathematics concept to others. Demonstration projects may include working models or actually showing the steps that lead to a definite result.

- All classes and students may present a demonstration.
- Projects from 3rd, 4th, and 5th grade will be judged on Wednesday, May 6th during the school day and students will be interviewed by the judges. There will be awards for 1st, 2nd, and 3rd place in each grade judged and a trophy for Best of Show.
- All INTENT FORMS are due Thursday, April 2nd to Mrs. Chambers.

ART PROJECT

The theme for this year's Fine Arts programs is **Captivate!** Students are encouraged to submit a **Captivating** piece of art to be displayed in the library on Family Night. All INTENT FORMS are due Thursday, April 2nd to Mrs. Chambers. All finished artwork is due NLT Friday May 1st to Mrs. Oliverson Pinto.

FAMILY NIGHT

May 6th 5:00 – 6:30 p.m.

You don't want to miss all the fun at Family Night!



restaurant
AJEDREZ BEACH CLUB
casa al mar



Asian & Mediterranean Cuisine

Ajedrez Beach Club reopens on March 25 th! Spectacular Asian and Mediterranean cuisine on the beach with a chill out and tropical atmosphere continues as The Ajedrez Beach Club team is ready for the new season: 10 am to 02 am. Lunch from 13:30 to 16:30 and dinner from 18:30 to 12:00 midnight. Closed on Sundays, Mondays open from 17:00

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- ✓ Hammocks Over the Ocean
- ✓ Chill Out Bar - Terrace - Cocktails & Music
- ✓ Massages, Showers

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GPS 36° 41'41.99N 6°25'30.37W

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Antonio Castellano Pacheco

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USS Carney Departs 5th Fleet, Kicks off Time in 6th Fleet with Visit to Seychelles

By MC1 Fred Gray IV
USS Carney Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) returned to U.S. 6th Fleet area of operations (AOO) when it arrived in the Port Victoria, Seychelles, for a scheduled port visit, March 5, 2020. This visit serves to continue U.S. Naval Forces Africa's effort to build global maritime partnerships with African nations in order to improve maritime safety and security in the region.

Before the Seychelles port visit, Carney was operating in the U.S. 5th Fleet AOO, supporting maritime security operations and ensuring freedom of navigation and the free flow of commerce while assigned to the USS Harry S Truman Carrier Strike Group (CSG) and USS Bataan Amphibious Ready Group (ARG).

"We are very excited to be back in the 6th fleet AOR," said Cmdr. Christopher Carroll, commanding officer aboard the Carney. "The entire crew performed exemplary while in 5th fleet and are ready to continue our



Photo by MC1 Fred Gray IV

Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) place the pelican hook on the anchor chain after anchoring off the coast in Port Victoria, Seychelles, March 5, 2020.

efforts within 6th fleet to work with our African partners to ensure a more secure and prosperous maritime environment, enjoy the rich culture and hospitality, and to contribute to a stronger Africa."

While in port, the officers and crew of USS Carney will participate in community outreach events and cultural activities.

Following her time in 5th Fleet, the Rota, Spain-based Carney continues her seventh forward deployed naval

force patrol in support of U.S. national security interests in the U.S. 6th Fleet area of operations. Carney's presence in Africa is a demonstration of U.S. continued commitment to the region.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



Seaman Evan Veine, from Stevensville, Michigan, raises the union jack during morning colors after the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) anchored off the coast of Port Victoria, Seychelles, March 5, 2020.

Follow "USS Carney" on Facebook for up-to-date information on its patrol.

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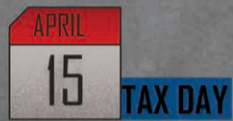
EXPERIENCE AND GOOD WILL

f

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MILITARY ONE SOURCE MilTax

Military OneSource MilTax, offers free tax services for service members and their dependents as well as retired members and their dependents. The tax services include easy-to-use tax preparation and e-filing software, personalized support from tax consultants, and current information about filing taxes in the military.



Tax Assistance Center

To find your nearest Volunteer Income Tax Assistance (VITA) center, Visit militaryonesource.mil or call **800-342-9647**.

For more information, visit jag.navy.mil

What You Need:

- Photo ID
- Birthdays of all dependents
- 1099
- LAST YEAR'S RETURNS
- 1095
- STUDENT LOAN PAYMENTS
- 1099-R
- 1099-Misc
- W-2G
- W-2
- CHILD CARE
- UNEMPLOYMENT BENEFITS



Free File Alliance (FFA) - Anyone with an Adjusted Gross Income (AGI) of \$66k or less. Filers with AGIs exceeding \$66k may use FFA, but will incur fees.



Handwritten Customs Forms At Military Post Offices To Discontinue

Obtain the appropriate customs declaration forms using the convenient online methods below

- **USPS Click-N-Ship at:** <https://cns.usps.com>
- **USPS Customs Form Online (CFOL) at:** <https://cfo.usps.com>
- **USPS partner systems (i.e. Stamps.com)**
- **PS Form 2976-R, Customs Declaration and Dispatch Note.**

March 5, 2020
Beginning March 13, 2020, the Military Postal Service (MPS) will no longer accept internationally-addressed mail and packages that bear a handwritten customs form. This change does not apply to FPO, APO and CONUS deliveries.

Beginning August 13, 2020, MPS will no longer accept mail and packages that bear a handwritten customs form to ANY address regardless of location. This change applies to FPO, APO and CONUS deliveries.

After these dates, military postal customers are urged to utilize convenient online methods (listed in the orange column to the left) to obtain and complete the appropriate customs forms based on delivery destination and class of mail. **Completing forms online results in saving customers' time spent at the post office.**

Alternatively, military postal customers can provide an accurate and complete description of the contents, names, and addresses to post office customer service representatives who will electronically enter the information on their behalf; however, this will result in increased customer wait times when sending mail and/or packages at the post office.



Come and grow in your faith with the Rota Chapel!

SUNDAY SERVICE

- **Roman Catholic** @ 1000, Main Chapel/
*Monday- Thursday Daily Mass @ 1200 Capilla
- **Protestant** @ 1130, Main Chapel
- **LDS** @ 1630, Fellowship Hall

Jewish Worship

- Friday @ 1830-2030, Jewish Prayer room
- Saturday @ 1100-1330, Jewish Prayer room

Office Hours:

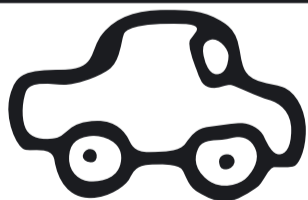
- Monday – Thursday 0730-1630
 - Friday 0730-1600
- For more information, Call DSN 314-727-2161
- Questions! Please email:
- RP1 Harvy.Natac@eu.navy.mil
 - RP2 Kathy.Mejia@eu.navy.mil
 - RP3 Joshua.Davies@eu.navy.mil
 - RPSN Katin.Stephens@eu.navy.mil
- † For URGENT matters please call Duty Chaplain 639-101-864 (After Hours)

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OUR HOMETOWN *ROTA*

Rota Pizza Festival

By Welcome to Rota Tourism Office

We love pizza, do you? If you love Pizza it will be your favorite event, our Pizza festival, taking place in March, where? In Rota, of course ;). Live music and pizza, the perfect plan to enjoy in Rota during the festival's weekend.

Pizza is one of the most widely consumed meals in Rota and the United States. And the equipment used to create pizza has just as much impact as the ingredients used in terms of producing a quality pie. Pizza is sold fresh and as portion-size slices or pieces. Methods have been developed to overcome challenges such as preventing the sauce from combining with the dough and producing a crust. It is said that the secret of the different pizzas are in the sauce. You can order your pizza with the ingredients that you love, meat, jam, pepperoni, pepper, onion... the taste will be amazing.

The Villa de Rota is undoubtedly one of the Spanish towns with more pizzerias per capita in Spain and this is due, in large part, to the existence of the Naval Base of Rota. The traditional recipe of "pizza roteña" consists of thin and crunchy dough. There are many Roteños, who at the time of tasting it add an ingredient for some primordial: mayonnaise and / or ketchup.

In Rota, you can also taste different styles of Pizza, not only the "Rota style" one but also, the "New York" style and the one from Napoli. A wide variety to enjoy this delicious dish.

The taste of the people of Rota for pizza is such that since 2018 a festival has been held where you can taste all the pizzas of the local pizzerias for only € 1 a portion.

A great event organized by the city hall, together with the local pizzerias and the Rota Trader's association.

Visit our Pizza Festival and enjoy, if you want to cook a pizza from Rota at home, here you have a special recipe – Sea Bream cooked "Rota style" Pizza From Pilar Ruiz and her mother Cristina.



Rota Pizza Festival 2019



In times past, our Gastronomy, as well as our local economy, was based primarily on the sea (fish and seafood) and produce from the land (tomatoes, green peppers, pumpkin, ...). Really nice and healthy ingredients.

And this is the recipe that we really hope you love it as much as we do:

INGREDIENTS:

• For the dough:

- o 3.5 grs fresh Baker's yeast
- o ½ teaspoon salt
- o 125 ml of water
- o 250 g of wheat flour
- o 3 tablespoons of olive oil

• Several tablespoons homemade

tomato sauce

• For the Rota style sauce:

- o 2 big onions
- o 3 cloves of garlic
- o 1/2 kilo (1 lb.) fresh tomatoes

(perfectly ripe)

- o 3 green peppers
- o 2 bay leaves

• 1/2 kilo (1lb) Sea

bass approximately

- 75 ml. (2.5 oz) extra virgin olive oil
- 75 ml. (2.5 oz) dry Sherry wine
- A small glass of cognac
- Ground Black pepper
- Oregano
- Ground Nutmeg
- Salt



Rota Pizza Festival 2019



Snack & Cocktails

LA FAVELA

Come to the Favela Snack and Cocktails and experience the exciting rhythms of Brazilian cocktails and foods based on exotic fruits and vegetables. Get the Samba feeling in a wonderful Brazilian atmosphere.

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International beers
Deserts



Snack & Cocktails
LA FAVELA

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(local Izquierdo)
ROTA - CÁDIZ

659 006 624
658 756 961

SÍGUENOS:



OUR HOMETOWN ROTA

WAY OF COOKING:

- We are going to start preheating the oven at 180° C (350°Fahrenheit).
- To prepare the dough of our pizza, we will mix the yeast with the salt and will add the warm water. Always kneading. Add the flour and the olive oil. We will let the mixture stay for a couple of hours.
- Let's prepare the fish now. We will cut the loin in stripes and slightly cook them for some minutes in a frying pan with two tablespoons olive oil and a clove of garlic. Now put them aside.
- And now, we are going to prepare the stir-fry (sofrito) the base of every stew in Spain. In a frying pan with a couple of full spoons olive oil we are going to fry the onion cut into slices, then the minced garlic, and the green peppers cut into slices too. We cook it for approximately 10 minutes.
- It is now the moment to peel the tomatoes, cut into small dices and add them to the stir fry. We keep on cooking for 15 more minutes
- We add now the glass of Brandy and the dry Sherry wine and let's cook for 10 minutes so that the alcohol evaporates.
- Put the fish strips in the stir fry and cook it for a couple of minutes so that

the flavors mix well. Our ingredients are ready now.

- We are going to extend the dough on the oven tray and spread first the homemade tomato sauce on top.
- Let's add now the stir fry with the vegetables and the cooked fish stripes.
- Then we will add a splash of olive oil, ground black pepper, some oregano and nutmeg.
- Let's put the pizza in the oven and cook it for 15 minutes at 180° Celsius (350° Fahrenheit).

We are ready to sit down at the table and enjoy this great and yummy Pizza and we are certain that you will love it too.



Rota Pizza Festival 2019

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3RD THIRD EDITION OF THE
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THURSDAY 19TH
8.30pm / Inauguration
Godfather Eugenio Camacho
Journalist Cadena
Ser. Mediacoach and
communicator

9.30pm / Concert
GALÁN JAZZ BAND

FRIDAY 20TH
5pm / Children workshop
"Pizza rough" Rotipark

10pm / Concert
OLDFISH

SATURDAY 21ST
12pm / Workshop
"Create your own Pizza"
Divertilandia
5pm / Workshop
"Show cooking"
Rotipark

6pm / Concert
ASTAROTH

10pm / Concert
MONOTORS

SUNDAY 22ND
12pm / Workshop
"Creative Pizza - Pan"
Divertilandia

1:30pm / Family Show of magic
and humor
"Lolamentando"

** Opening hours from 12pm



*From 19th to 22nd March
Bulevar Bahía de Cádiz
Pizza Festival
2020 Rota*



MWR Movie Schedule

(Open to all patrons with base access. For more info, call 727-2328 or email flix@rotamwr.com)



Prices: Adult (12+): \$4 (\$5 for 3D); Child (6 to 11): \$2; Preschooler (5 and under): Free

Drive In: Grills available for use. Food and drink allowed. No pets unless designated service animal. Movies can be heard on the radio at 101.1 FM. Please keep headlights off during the film.

Due to the dynamic nature of the COVID-19 situation, Flix Theater schedule will be updated daily. Please visit the Rota MWR website for the showing information or call 727-2328.

The movie schedule may be adjusted due to Navy Motion Picture release dates. It is always best to confirm show times on the RotaMWR website at www.navymwrrota.com or NavyMWR Rota app.



The Last Full Measure

Thirty-four years after his death, Airman William H. Pitsenbarger, Jr. ("Pits") is awarded the nation's highest military honor, for his actions on the battlefield.

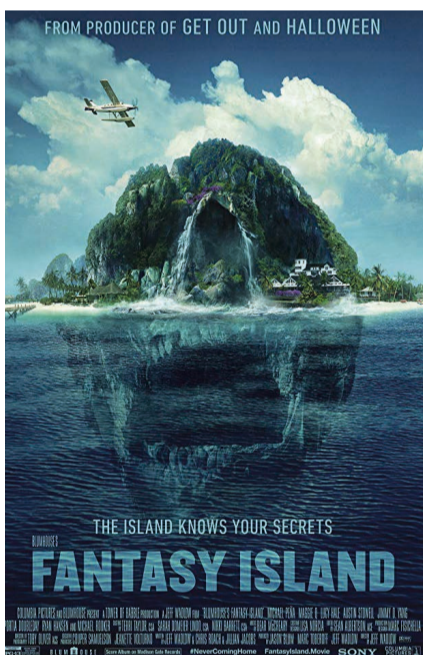
Rating: R
Genre: Drama, War
Runtime: 1 hour, 56 minutes



Onward

Set in a suburban fantasy world, two teenage elf brothers embark on a quest to discover if there is still magic out there.

Rating: PG
Genre: Animation, Adventure, Comedy
Runtime: 1 hour, 42 minutes



Fantasy Island

A horror adaptation of the popular '70s TV show about a magical island resort.

Rating: PG-13
Genre: Adventure, Fantasy, Horro
Runtime: 1 hour, 49 minutes



The Gentlemen

An American expat tries to sell off his highly profitable marijuana empire in London, triggering plots, schemes, bribery and blackmail in an attempt to steal his domain out from under him.

Rating: R
Genre: Action, Comedy, Crime
Runtime: 1 hour, 53 minutes

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AMERICAN RED CROSS

The American Red Cross depends on volunteers to carry out its disaster and preparedness programs, teach First Aid classes, and support many other programs. Our Red Cross youth club is one of the most active in Europe. If you or your teen would like to volunteer with us, please contact us. For more information, call us during business hours at 956-82-2333, or visit our Facebook page, @RedCrossRota.

AMERICAN RED CROSS EMERGENCY COMMUNICATIONS SERVICE

Red Cross Emergency Messages services operate 24/7. If you have a family emergency during business hours, call us immediately at 956-82-2333/DSN 314-727-2333. After hours or on weekends, our national call center can be reached at 1-877-272-7337. Messages can also be initiated online, at <https://www.redcross.org/military-emergency-communication.html>

PRESCHOOL SERVICES FOR CHILDREN WITH DISABILITIES

Child Find for children three to five years of age is an ongoing outreach program that locates and identifies children who may have developmental delays or educational disabilities and need special services. If you have concerns regarding your child's development please contact 727-4185 or 727-4435.

WIC OVERSEAS

Women, Infants and Children (WIC) Overseas is a nutrition, education and supplemental food program for qualified members of the uniformed services, civilian employees, DoD contractors living overseas and their family members. Participants include pregnant, postpartum and breast-feeding women, infants and children up to age five. WIC benefits include one-on-one nutrition counseling, nutrition and health screenings, breast-feeding education, breast pump loan program, infant and child feeding tips and drafts redeemable for nutritious foods. Call 727-2921 for more information.

NAVY COLLEGE

Through the Navy College Program, military personnel, are able to pursue vocational certificates, associate, bachelor's or master's degrees. The Navy College Education Counselor is here to help guide you through the process of selecting a pathway to reach your career goals. Navy College counselors are available to assist all clients in developing and executing their education plans through one of the on-base education providers or through one of the many colleges and universities offering online programs. SAT and ACT exams are offered to military personnel. For specific information on eligibility and scheduling of exams, contact the Navy College Office at 727-2798/2785.

ALCOHOLICS ANONYMOUS MEETINGS

Alcoholics Anonymous (AA) meetings are scheduled **Tuesdays and Thursdays at 7 p.m.** in the fellowship hall at the chapel. All meetings are for people with a problem with alcohol, a desire to stop drinking, personnel requiring training or with curiosity about Alcoholics Anonymous.

AA off-base: "Rota Drydockers," every **Saturday, 7 p.m.**, Calle Calvario, 67, Iglesia del Carmen, Rota (Lat: 36.624466, Long: -6.356386). For information about the meeting in Rota, call Joe Garcia at 629-27-1312 or 956-77-6876. Online, visit <http://www.aaonline.net> or <http://www.aaspain.org>.

NAVY-MARINE CORPS RELIEF SOCIETY

NMCRS Office Business hours:
Monday-Friday: 8 a.m. – 4 p.m.
Phone: VPN 727-1614 or Commercial 956-82-1614
After-hours or during holidays Cell 660-984-511 & VPN Cell: 18-727-0800
Toll Free: 1-877-272-7337
Follow us on Facebook: www.facebook.com/rota.nmcrs

NMCRS THRIFT STORE

Tuesday / Thursday, 9:30 a.m. - 12:30 p.m.
The **LAST** hour is priority shopping for AD members and their dependents
Note: NO EURO, only U.S. dollars!

UPCOMING NMCRS AND HOSPITAL MATERNAL PROGRAMS AND CLASSES:

Getting Started New Volunteer Orientation
March 24, 5-6 p.m.
Interested in volunteering with NMCRS? We have several opportunities to grow your resume while positively contributing to our community! For more information call 727-1614 or drop by the NMCRS office.

Crochet and Cookies

March 17, 10 a.m. - noon
Attend this FREE two hour class and learn the basics of crochet. After this class you will be able to make projects as small as a scarf or as large as a blanket. Come enjoy group and one-on-one instruction, as well as some sweet treats!

Breastfeeding, Postpartum, and Baby Basics Combo

March 19 & April 16, 10:30 a.m. - 1:30 p.m.
This class will be held in the NMCRS classroom in the Community Support Building (#3293). During the Breastfeeding and Postpartum portion of this class, we will discuss what to expect after delivery. You will learn everything about breastfeeding and the different techniques to know how to tell if your baby is hungry. During the Baby Basics part of the class you will learn the basics of what to expect after your baby is born. Find out what is normal; learn tips from the experts, including Happiest Baby on the Block.

Budget for Baby

March 25, 10 a.m. - noon

This class is held in the NMCRS classroom in the Community Support Building (#3293). This class focuses on budgeting for a new family member! Expecting parents will receive a baby gift, including a handmade blanket crafted by one of our volunteers!

UPCOMING NMCRS SUPPORT GROUPS:

Breastfeeding Support Group
March 18 & April 15, 11 a.m. - noon, NMCRS classroom (Community Support Building. #3293).
This support group offers a place where we can all come to support, inform, encourage, and guide one another in the adventure that is breastfeeding! We not only welcome, but encourage a diverse group of participants. You do not have to be currently breastfeeding to join this community. Email our office at rota@nmcrs.org for more information!



UPCOMING EVENTS

March 13: Pi Day, starts at 10 a.m.; We are celebrating Pi Day with pie! Stop in the center for a slice of pie!

March 17: Bunco Game Night, 5-7 p.m. Come to the Center to play Bunco. There will be yummy treats and prizes! Hope you'll join in fun with us! **Sign up is required on our Facebook Event page**

March 19: Volunteer Orientation, starts at noon. Interested in volunteering with the USO? Stop by the center for a volunteer orientation to learn what it means to volunteer with us. Make a profile on volunteers.uso.org to get started today!

March 24: Volunteer Orientation, starts at 5 p.m. Interested in volunteering with the USO? Stop by the center for a volunteer orientation to learn what it means to volunteer with us. Make a profile on volunteers.uso.org to get started today!

March 27: Hiring Our Heroes Family Transition Event, 9 a.m. – 1 p.m. Great opportunity to stop by and find out how base organizations can support you as you and your family transition into civilian life. Event will take place at the base Chapel.

March 30: Vietnam Veterans Commemoration Day Luncheon, 11 a.m. – 2 p.m. Come out to honor Vietnam Vet with a Ceremony followed by a luncheon. More info to come on our Facebook Page!

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El Mercado

To place a classified ad, submit information by the MONDAY prior to the desired publication date. Ads will run for one edition only. Free ads are available to TEI cardholders for non-commercial goods. Email submissions to coastline@eu.navy.mil. Non-TEI cardholders and/or ads of commercial nature (real estate, for-profit business) require payment and must be submitted to coastlineventas@gmail.com.

CARS FOR SALE



2002 Volvo S-40 Sedan, 2.0T, 5 speed manual, Black 4 Door sedan, ~150 km, AC, power windows and locks, Looks decent and has been to Madrid, Portugal, Granada, and Cordoba without any problems. Drove to Ronda and Cordoba and back last week headed to Seville and Malaga this week. Timing belt was changed IAW maintenance schedule recently, new front brakes and recent oil change. The

ITV is good until July. Asking \$2500 or €2100 Euro. Call or text 608397674.

2002 Opel Astra, runs great, ITV just passed, European specs, A/C, radio, electric windows, 1,650€, call 653780296

2012 BMW 114i in great condition. White 5-door Manual transmission with less than 55,000 kilometers. Enjoy driving in style! European specs, ITV valid until SEP18, €12,990. Call or text 642-339-361

Mercedes E200 Automatic CDI Avangarde full Equipment. 80.000Km Europeans Specs, ITV goods, leather seats. Sale 21.500€ Rent 80€/day 800€/month. Tel: 689708953

Megane Renault Scenic 2005, AUTOMATIC, new timing belt and distribution, 59,000 miles, ITV good, European specs, 3,400€, tel 653780296

Opel Corsa, Selective 1.3 CD ti eco FLEX, diesel, 2012. EU Specs. In mint condition. ITV good until 2021. 52500 KM. Asking 6300 Euros OBO. Phone 691165592

Jeep Compass 2008, 6 speeds, 2008, great shape, 5500€, ITV good, European specs, please call 653780296

2002 Honda Civic, ITV just passed, good car, 2,550€, all maintenance done at Honda and in book, call 653 780 296

Kia Sportage 2009, low mileage (39,000 miles), will sell immediately, ITV good, European specs, 4,950€, tel 653780296

Nissan Terrano II, 4x4, 7 seater, ITV good, European specs, 5,950€, tel 653780296

Chevrolet Aveo, 2010, good shape, 66,000 miles, 2,850€, ITV good, European specs, tel 653780296

RENTALS

Rota Beach front apartment on c. Virgen Del Mar, 2 rooms, 1 full bathroom, living room, kitchen, entryway, 1300€ / month (water included) please call Mila at 697 130 921

MISC

Mattress, box spring, home furniture, plants, etc. for sale. For more information and pictures: austinjerez@gmail.com

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www.navymwrrota.com/jobs

La Plaza: Food & Beverage Manager, NF-03, Flex, NTE 18 months

La Plaza: Club Operations Assistant, NF-02, Flex

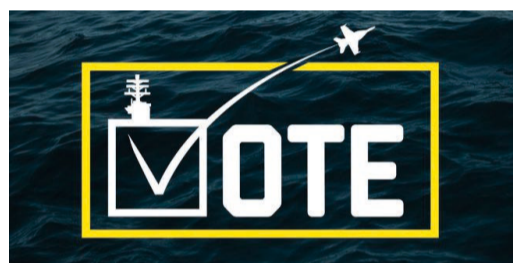
CYP – Youth: CYP Assistant, CY-01/02, Flex (2 positions)

Liberty: Recreation Assistant, NF-02, Flex (2 position)

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For Spanish (LN) job announcements visit the Human Resources tab at cnic.navy.mil/rota



For more information on casting your vote from abroad, visit www.fvap.gov or contact the installation Federal Voting Assistance Officer, Admin Officer at Command Bldg. 1, 2nd Floor.



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U. S. Naval Hospital Rota Birth Announcements

Jouryn Christopher Glasgow

born February 24, 2020
to Joseph and Anjelica Glasgow
Weighing 8 lb 3.2 oz

Forrest R. Connelly

born February 25, 2020
to Sean and Camille Connelly
Weighing 7 lbs 3 oz



USPS Postal PSA: Lithium Batteries

The risks in mailing unattended lithium ion batteries on passenger aircraft, prohibit sending these items via United States Postal Service (USPS) to or from Moron Air Base and Naval Station Rota.

Common items that contain lithium ion batteries are cell phones, laptops, tablets, and smart watches.

Because Military Post Offices (MPOs) operate overseas as an extension of USPS, there are various DoD and USPS regulations that regulate what can and cannot be mailed in addition to air carrier and host nation safety and security restrictions.

FedEx, UPS and DHL are all viable options if need to ship an item with a lithium ion battery to or from Moron Air Base or Naval Station Rota. If you try to mail lithium battery items using military USPS, you can have your postal privileges revoked.

If you have any questions, please contact your local Postal Officer or Postmaster.



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