

COASTLINE

April 13, 2023 / Volume 33, Issue 7

U.S. Naval Activities Spain



**"It Takes a Village
to Raise a Child:"
Rota Elementary
to Host Family
Wellness Night**
Page 12

**My Navy Story: YN2
Celestina Bittel**
Page 10

**NMCRS Rota
Celebrates
Volunteer Week**
Page 14

CMC's Corner



Command Master Chief William Rodriguez

good way. It is always great to experience different cultures and having the opportunity to be fully immersed into the Semana Santa experience was an opportunity that not many people have in their lifetime.

April is also special for the Chief Petty Officer community as we celebrated the birth of the Chief Petty Officers. Established on April 1, 1893, the rank of Chief Petty Officer initially encompassed nine ratings: Chief Master-at-Arms, Chief Boatswain's Mate, Chief Quartermaster, Chief Gunner's Mate, Chief Machinist, Chief Carpenter's Mate, Chief Yeoman, Apothecary, and Band Master Chief Petty Officer.

Throughout history, Chiefs earned the nickname "the backbone of the Navy" and as such, are often blamed or praised for the success or failures of commands throughout the Navy. Chiefs also uphold the rules and regulations of the Navy, making them unpopular among some Sailors. Although opinions vary, one thing that will never change is that Chiefs

Spring in Andalucia = Celebrations, Events and Observances

Hola Team Rota! April is, and continues to be, a month full of great events and celebrations. These past few weeks have been full of excitement and events that I hope you had the opportunity to enjoy. If this is your first time in Spain, as it is for me, I can say that Semana Santa was nothing like I expected, but in a

have a rich history of traditions that extends beyond the creation of the Navy Chief 130 years ago. Being the keepers of Navy's oldest traditions is not an easy feat, but even after 130 years, they continue to carry out traditions unique to our service.

Additionally, Chiefs are subject matter experts, mentors to Sailors and officers, and the only group in military service to train new leaders without additional pay, resources, and utilizing their personal time during the process. As I write this, Navy Chiefs are serving in commands and ships around the world, sharpening and honing their craft, and making the U.S. Navy the most agile and lethal Navy in the world.

April is also Month of the Military Child. As you probably know, being a child in today's environment can be challenging and adding the dynamics of military service does not make things any better. Military children have unique challenges that other kids in the civilian population rarely or never have to experience or overcome. Enduring military parents that deploy for months and years at the time, moving every two or three years, and leaving friends and schoolmates behind is not easy. Month of the Military Child is a small way to recognize the many sacrifices they endure during their parent's service to the United States military and a way to celebrate their resiliency and support. Although they can experience difficulties not experienced by other kids, being stationed in Rota can be the source of great memories to last a lifetime. This month, take a few minutes to show your appreciation to military children for their contributions and make great memories along the way!

Lastly, I want to remind everyone that Rota's Feria de Primavera will be happening April 26-May 1. Although I have not been to Feria, everything I have seen and heard points to another event not-to-be-missed. I encourage everyone to go out and experience firsthand everything *la feria* has to offer. Enjoy the food, music, and atmosphere because we will only get a few opportunities to see it for ourselves. Enjoy feria, but do not have any alcohol and then try to drive. It's just not worth it!!

I will see you all around the base and feria!

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On The Front Cover



American performer Blanco Brown poses for a photo with Sailors of USS Arleigh Burke (DDG 51) during a tour, March 28, 2023. Brown was in Rota as part of a USO tour and is best known for his song "The Git Up." Prior to his concert at El Patio complex, Brown taught Sailors and community members the dance so they could join in during the concert. (Courtesy photo)

Do You Like to Write or Take Photos?

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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NAVSTA Rota Sexual Assault Awareness and Prevention Month

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APRIL 3

Banner Design Competition
Visit the Fleet & Family Facebook page to see all the tenant command's submissions. Vote online for your favorite!

APRIL 10 &
APRIL 24

Virtual Trivia
Complete the Trivia sheet and email your answers to LCDR Paul (NMRTC Rota). Points towards the recognition programs for participation and the top teams

APRIL 15

Volleyball + Dodgeball Tournaments
Sign-up your teams of 6 by April 12 with LT Twaddle (NMRTC Rota). Points for participation and each sports top team

APRIL 18

Banner Exhibition and Resource Fair
Meet representatives from sailor/family programs across the installation from 1130-1300

APRIL 26

Denim Day
Wear denim OR a blue shirt under your uniform to support this advocacy campaign
Command Authorization required

ON AIR

Tune into 102.5 FM

On Tuesdays and Thursdays hear your leaders and VAs discuss the 10 Signature Behaviors of the 21st Century Sailor!

SAAPM RECOGNITION PLAQUE AND TEAL RIBBON AWARD

Complete the SAAPM Checklist as a command to receive recognition for this annual award



Social Media Challenge

Post #1: A group photo of your command VAs

Post #2: Share the contact information for the duty SAPR VA, SARC and DOD Helpline

Post #3: Get your real or fake moustaches on to raise awareness that sexual assault affects men too

Post #4: Denim Day

Share all 4 posts during April with the hashtag #ROTA_SAAPM



Personal Property: Lithium Batteries Update

From NAVSTA Rota Personal Property

We all have lithium batteries in our residence that power countless items, including portable computers, cordless tools, cell phones, watches, wheelchairs, and motor vehicles. But not all lithium batteries can be moved in your personal property due to chemical, flammable, and electrical hazards.

Why do lithium batteries need to be identified to my mover during the pre-move survey? Not all lithium batteries can be shipped. Due to the hazards stated above, the size and quantity of lithium batteries may be limited to ensure safe movement of your personal property.

Are there different types of lithium batteries? Yes, there are two types of batteries commonly found in most households. Lithium metal batteries are usually found in cameras, watches, remote controls, handheld games, and

smoke detectors. They are single use, non-rechargeable, and come in various forms. The other type is lithium-ion batteries and are commonly found in cellphones, power tools, digital cameras, laptops, children's toys, e-cigarettes, robot vacuums, small and large appliances, tablets, e-readers, lawn care equipment, and e-bikes. Lithium-ion batteries are rechargeable and intended for multiple use.

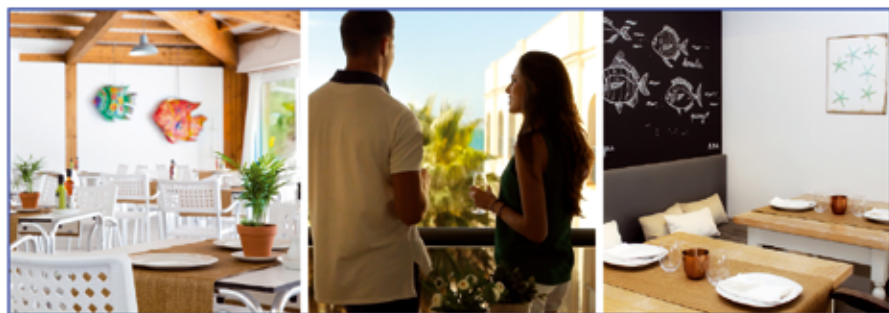
What lithium batteries can I ship? Your mover will transport lithium-ion batteries measured at 100 watt-hours or less (20 watt-hours or less for single cell) and lithium metal batteries containing 2 grams or less of lithium content (1 gram or less for single cells). **Note:** All lithium batteries are prohibited from being stored in non-temporary storage shipments.

For more information, contact NAVSTA Rota Personal Property at DSN 727-1627 or commercial, +34 956-82-1627.

NAVSTA Chiefs Celebrate 130th Birthday!



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April 2023 Month of the Military Child

Enjoy Month of the Military Child deals and programs at these MWR locations:

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WHY IS MILITARY CHILD MONTH PURPLE?
Purple indicates that all branches of the military are supported. Air Force blue, Army green, Navy blue, Marine red, and Coast Guard blue all are thought to combine together as a single color, purple.

Medical Forces Atlantic Announces 2022 Regional Sailor of the Year

By Bobbie A. Camp

Naval Medical Forces Atlantic Public Affairs and Outreach

Hospital Corpsman 1st Class Travis S. Hunter was named the Naval Medical Forces Atlantic (NMFL) 2022 Regional Sailor of the Year (SOY) at a ceremony onboard Naval Support Activity (NSA) Portsmouth-Annex, March 24.

"This has been a fantastic SOY week," said NMFL Command Master Chief Zachary Pryor. "We had a tough challenge to decide from all the amazing candidates, but we finally narrowed it down to the one deserving Sailor, and it wasn't an easy thing to do."

Hunter, a native of Amityville, New York, graduated from Amityville High School in 2006 and graduated from St. John's University in 2010. Afterward, he enlisted in the U.S. Navy in October of that same year and is currently assigned to Navy Medicine Readiness and Training Command (NMRTC) Rota, Spain. He is humbled about being named NMFL's Regional SOY recipient.

"I honestly wouldn't be here without the support of my fellow first classes, my junior Sailors, mentors, and the chief's mess," he said. "I truly believe that we are all winners, and at the end of the day, this is for us, as I wouldn't be in my position without everybody in this room."

Hunter was one of 22 Sailors from the NMFL region that participated in a rigorous evaluation process that took into consideration characteristics such as professional knowledge, military bearing, teamwork, education, and professional development.

"In my journey, I think of obstacles or what it took to get here," reflected Hunter. "I've had the opportunity to not be able to bear all the weight myself and had fellow first classes or even some of my junior Sailors lift me up, and I've had the

opportunity to lift them up as well."

For Hunter, serving in the U.S. Navy gave him the opportunity to build professionally and personally, and to shape him into the Sailor he is today. His number one motivation is his family.

"My wife has been the cornerstone right now to my success," he said. "Knowing that her and my sister are at home, cheering me on day-in and day-out, is my main motivation."

Master Chief Hospital Corpsman Frank Garza, the command master chief for NMRTC Rota, has known Hunter since he was a student at Naval Hospital Corps School in Great Lakes, Illinois.

"It is great to see outstanding work that he has done as the senior enlisted leader for dental services and has been performing at the level of a chief petty officer," he explained. "He is the one out there leading from the front and not afraid to take chances, and I am proud of his representation of our command."

The Navy's Hospital Corps consists of more than 30,000 active duty and reserve hospital corpsmen that deploy with Sailors and Marines worldwide, in both wartime and peace. The rating is the largest, most professionally diverse, and highly decorated enlisted corps in the Navy.

"What I most enjoy about my job as a hospital corpsman is the opportunity to serve, to give back and to take care of a fellow person or beneficiary," explained Hunter. "Knowing that what you're doing is making a huge impact on them and ensuring that they can back out there and be healthy in order to be with their family and loved ones."

Hunter's nomination package will be forwarded for consideration at the fiscal year 2022 Bureau of Medicine and Surgery's (BUMED) SOY board, where he will compete against other outstanding Sailors throughout Navy Medicine, with the winner being selected to promote to chief petty officer.

"This week has been monumental to me, and I have had an amazing experience," expressed Hunter. "I thank you, I thank you, I thank you."

SOY is a time-honored tradition introduced in 1972 by Chief of Naval Operations Adm. Elmo Zumwalt and Master Chief Petty Officer of the Navy John Whittet. This annual competition is held to recognize the superior performance



Naval Medical Forces Atlantic (NMFL) Command Master Chief Zachary Pryor, left, congratulates Hospital Corpsman 1st Class Travis Hunter, assigned to Navy Medicine Readiness and Training Command (NMRTC) Rota, on being recognized as the 2022 Regional Naval Medical Forces Atlantic (NMFL) Sailor of the Year (SOY) onboard Naval Support Activity (NSA) Portsmouth-Annex, March 24, 2023. Hunter, a native of Amityville, N.Y., was one of 22 Sailors from the NMFL area of responsibility to compete against all NMRTCs, Navy and Marine Corps Public Health Center, and Navy Medical Readiness Logistics Command SOY winners.

of individual Sailors throughout the region, who demonstrate both professional and personal dedication and represent the Navy's best of the best.

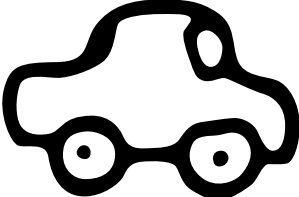
"Congratulations to HM1 Hunter on your well-earned selection as our regional Sailor of the Year," concluded Rear Adm. Matthew Case, NMFL commander and director of the Defense Health Agency's Tidewater Market. "To all the candidates: thank you for serving and being the highest-performing Sailors at your commands. I am extremely proud of all of you for representing the very best of Navy Medicine."

NMFL, headquartered in Portsmouth, Virginia, delivers operationally focused medical expertise and capabilities to meet Fleet, Marine and Joint Force requirements by providing equipment, sustainment and maintenance of medical forces during combat operations and public health crises.

Navy Medicine – represented by more than 44,000 highly-trained military and civilian health care professionals – provides enduring expeditionary medical support to the warfighter on, below, and above the sea, and ashore.



Naval Medical Forces Atlantic (NMFL) 2022 Regional Sailor of the Year (SOY) recipient Hospital Corpsman 1st Class Travis Hunter, center, assigned to Navy Medicine Readiness and Training Command (NMRTC) Rota, takes a group photo with SOY finalists during a ceremony onboard Naval Support Activity (NSA) Portsmouth-Annex, March 24, 2023.



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Getting Ready for MHS Genesis: The DoD's NEW Electronic Health Record

From U.S. Naval Hospital Rota Public Affairs Team

Over the past several years, the Department of Defense (DoD), Veteran's Health Affairs (VHA), and the United States Coast Guard have deployed MHS Genesis, a new electronic health record (EHR). On Sept. 23, U.S. Naval Hospital (USNH) Rota will be joining the rest of the Military Health System (MHS) as a MHS Genesis site. By the end of 2023, the deployment of MHS Genesis across the DoD and VHA will be complete. Once complete, approximately 205,000 military medical providers will use this single, integrated health record across the continuum of care -- deployed and at home station, and through the transition to VA care. This equates to a population served of over 9.5 million active-duty members, retirees, dependents, and other eligible personnel.

USNH Rota is fully committed to ensuring the transition to this new EHR is smooth for our beneficiaries, as well as

our staff. We aim to proactively educate and prepare our patient population with information about the new systems capabilities, differences from our existing system, and areas where beneficiaries should be proactive about their care needs. During this transition, staff will be trained in new workflows and equipment, with about 10% of our staff becoming superusers and champions for documentation and the MHS Genesis patient portal. The shift to MHS Genesis is going to be a significant update that will provide a streamlined service, ensuring safety and quality standards are maintained across the patient experience within the military and veteran health systems.

Actions to Support the MHS Transition:
To be best prepared for this transition, USNH Rota encourages all patients and sponsors to review and take any needed action for the below:

Create or update your DS Logon account: <https://www.dmdc.osd.mil/identitymanagement/app/login>

- o To use online portal services, you will need to have an active DS Logon, with updated profile.
- o For support – contact: 1-800-368-3665

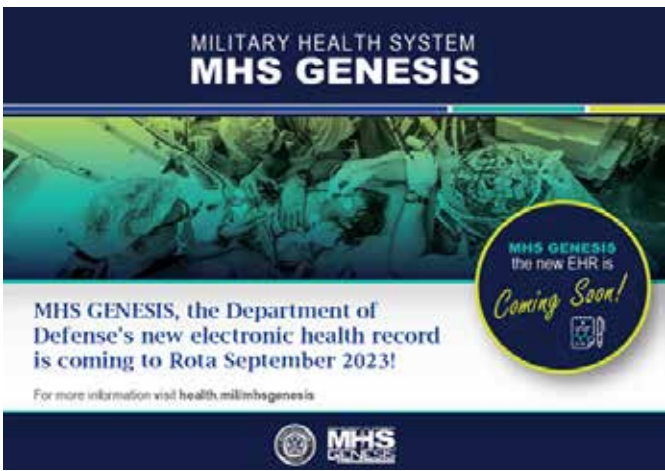
Update DEERS: <https://milconnect.dmdc.osd.mil/milconnect/>

To avoid care delays and registration issues, please ensure email, phone number, duty station, and dependent information is correct.

Schedule appointments in advance.

- o Appointment availability will be limited during the transition.
- o Please consider scheduling routine and medication related appointments in early summer or after mid-October to ensure routine medical needs are met without delays.
- Request refills in advance. We recommend a 90-day supply, if possible.
- o Learn more at www.tricare.mil/CoveredServices/Pharmacy/ManageScripts/Refills or call the pharmacy at +34-956-82-3565 for additional assistance.

Consider home medication delivery. Learn more at: Tricare.mil/CoveredServices/Pharmacy/FillPrescriptions.



Download the MyCareOverseas smartphone application:

- o Learn more at <https://www.tricare-overseas.com/beneficiaries/resources/beneficiary-app>

For general information about MHS Genesis, please visit: <https://health.mil/Military-Health-Topics/Technology/MHS-GENESIS>

For the timeliest updates regarding the Naval Hospital Rota MHS Genesis transition, please follow our Facebook and Instagram pages and check the Naval Station Rota weekly PA notes. Additional information will also be available at USNH Rota and through our clinical spaces throughout the coming months. Contact the Naval Hospital Rota Genesis PAO with questions, Lt. Cmdr. Jenny Paul, Jenny.L.Paul2.mil@health.mil at DSN 727-3345 or commercial, +34 956-82-3345.



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ARBOLEDA VETERINARY HOSPITAL

La Arboleda Veterinary Hospital, located in El Puerto de Santa María, has helped base service members to maintain and improve the health of their pets since opening in 1993. The hospital is staffed by highly trained professionals. The diagnostic imaging department uses direct digital radiology as well as Doppler ultrasound and echocardiographic studies. The dermatology department offers allergy testing, self-vaccinations and uses a state-of-the-art therapeutic laser.

The latest techniques in pet orthopedics and traumatology are used. Complex diagnoses confirmed by imaging techniques lead to surgical or less invasive medical treatments as required. The ophthalmology department has dedicated trained professionals able to successfully treat pet eye diseases. A physiotherapy and rehabilitation service is available for pets who need it in the totally relaxed atmosphere of their spacious well equipped garden. There is a veterinarian specializing in exotic animals. Laparoscopic and endoscopic surgeries using cutting edge equipment (pun intended) allow complex surgeries with minimally invasive techniques thus considerably reducing pain and risks, aiding anesthetics and minimizing postoperative treatments.

In summary, it is a perfectly equipped center with a very high technological level staffed by highly trained professionals who above all else love animals. The pets can enjoy the garden area. There is ample on-site parking, and the veterinary hospital is easy to find as it is located on the main avenue connecting the Puerto base gate with El Puerto de Santa Maria. Please see their ad in the paper for more information.



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Guiso de Alcachofas con Almejas y Gambas (Artichoke Stew with Clams and Prawns)

This is the time for artichoke and we love them! This month we have prepared a very special recipe with them, artichoke stew with clams and prawns. It's delicious, really tasty, and very easy to make. It is also ideal for those of you who don't eat meat. But

before we share our recipe, we want to give you some information about the numerous properties and benefits of artichokes.

Artichokes are a vegetable that contains many minerals, vitamins and antioxidants. It also contains a good amount of fiber, carbohydrates, proteins, and small amounts of fatty acids. Artichokes have long been a highly-prized food. It is known that the Greeks and the Romans consumed artichokes. During the Middle Ages, artichokes were introduced in England by the King, Henry the VII, who later crossed the English Channel and turned Catalina de

Médici into one of its most fervent consumers. At that time, it was believed that the artichoke was an aphrodisiac and that it was not good to consume it in excess. Because of its high price, the artichoke was considered to be a meal for wealthy people.



INGREDIENTS:

- Four (4) artichokes
- Six (6) big clams
- 4 oz (100 grams) peeled prawns
- 4 oz (100 grams) peas
- two (2) cloves garlic, finely diced
- 1/2 onion, finely diced
- two (2) TBSP olive oil
- 1/2 TBSP flour
- 1/2 glass dry sherry wine "Gran Mayeto" from El Gato winery
- 1 1/16 c (250 ml.) water
- parsley
- salt
- ground black pepper



Have you liked the recipes we have shared with you? Have you tried to cook any of them? It would be great to hear your comments, questions and suggestions about it. You can email us as pilaraprendiendoacocinar@gmail.com.

PREPARATION:

1. Snap off all the outer leaves of the artichokes until you reach the tender pale leaves of the "heart."
2. Cook the artichokes in a pot with water and salt until done. Test for doneness by poking the base of the stems with a sharp knife—if the knife slips easily into the base, the artichokes are ready. Once they are ready, remove from heat and drain.
3. In a frying pan with the olive oil, gently fry the finely diced garlic and onion.
4. When the garlic and onion begins to brown but not burn, add half a tablespoon of flour and cook for a few seconds.
5. Add the wine, stir and cook until it's well mixed with the other ingredients and begins to evaporate.
6. Add 1 1/16 cups (250 ml) water and continue cooking.
7. Add artichokes, clams, prawns and peas. Reduce heat and cook over low heat with the lid on until the clams open. Then the stew is ready!
8. Taste the stew, add salt and black pepper as needed. Sprinkle with a handful of chopped parsley.

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My Navy Story: YN2 Celestina Bittel

By Courtney Pollock
NAVSTA Rota Public Affairs

A person's reason for joining is as varied as the Sailors in the U.S. Navy. For Yeoman 2nd Class Celestina Bittel, she hadn't considered the military; however, it only took a comment while she was visiting her grandmother in San Diego to make her reconsider.

"We were driving and we went by one of the (Navy) bases, 32nd Street," said Bittel. "My grandmother suddenly said, 'it's such a shame that there are so many of you kids and no one joined the military. All your grandfather wanted was someone to join!'"

Bittel's grandmother was referring to their nine children and 24 grandchildren. Her grandfather, Robert "Bob" Clapp, had

retired after 33 years of service in the U.S. Navy. Over the years, he had reached the rank of command master chief before retiring out of San Diego, California.

During his time in the Navy, he was stationed in Europe, Japan, and around the United States. He enjoyed his time in the Navy and often talked of his experiences but it hadn't been enough to make Bittel – or any of her aunts, uncles or cousins – consider joining the military.

With a bit of regret in her tone, Bittel acknowledged she didn't fully understand his career.

"I didn't really realize how far up he was in the military," she said. "I never got to ask him about it."

At that time, Bittel was a self-proclaimed "girly-girl." She had moved from New Mexico to San Diego after his death to spend some time with her grandmother before starting cosmetology school. That one conversation led her to suddenly change her plans and life direction.

Within a week, Bittel had talked with a recruiter, joined the Navy, and would ship out in approximately eight months. During that time, she dedicated herself to learning what she could about the Navy, rates, and ranks as well as improving her overall fitness.

When deciding on a rate, Bittel again took direction

from her grandfather. She selected the rate of yeoman, "an office job," as her recruiter told her.

"My grandfather was an ABH (aviation boatswain's mate)," she said. "He had told my grandmother that if any of the kids joined the military, he would tell them to go for an office job."

While it may seem unorthodox to take the advice of her deceased grandfather, Bittel feels that in a way it's him guiding her career. Something she finds comfort in. This point was hit home when she received orders to her first command.

"When I got my orders, they said I was coming to Rota, Spain," explained Bittel. "I told my grandmother and she started crying because it was my grandfather's first duty station."

Bittel has now been in Rota for over a year and enjoys her job within NAVSTA Rota Admin Department. She's also growing as a Sailor by taking on collateral duties such as command fitness leader (CFL) where she can blend her interest in fitness and helping her fellow Sailors.

Throughout these new experiences, Bittel comments on how she wishes she could tell her grandfather.



"Now I wish I could have a whole conversation with him about the Navy and military," she said.

Bittel recently received a meritoriously advanced promotion to petty officer 2nd class during an awards presentation, continuing to solidify her choice in becoming a Sailor within the U.S. Navy.

"My family on my dad's side was a bit iffy about this choice initially," she said. "Now they swear that I was meant to be in the Navy!"



Courtesy photos

Photos of Yeoman 2nd Class Celestina Bittel's grandfather, Robert "Bob" Clapp, who served in the U.S. Navy for 33 years before retiring in San Diego, California. Bittel followed in her grandfather's footsteps and joined the Navy.

My Navy Story is a new segment featuring Rota Sailors - current, veterans, retirees - and their unique stories. Do you have a story you're willing to share? If so, email the Coastline at coastline@eu.navy.mil with a quick summary of your story and contact information.

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Fostering a Healthy Relationship With Your Child

By Amanda Rogers
FFSC Rota Volunteer

One of the most common challenges parents face is correcting their child. There is a major difference between punishment, which is a way to retaliate against your child for bad behavior, and discipline, which teaches children how to use their own judgment to make the right choices.

With the buildup of stress that can arise from everyday life, parents may turn to spanking, yelling, or other forms of punishment to penalize bad behavior. However, this is not only ineffective but will inevitably damage your relationship with your child in the long-term. Instead, parents should turn to positive discipline strategies with the goal of demonstrating the difference between right and wrong. Unlike punishment, which generates feelings of shame and low self-esteem, discipline is an opportunity to educate kids and establish key learning moments.

Firstly, positive reinforcement can be used as a highly effective method to motivate the continuation of good behavior. To implement this, parents should recognize their child's admirable efforts - such as sharing their toys with others or getting a satisfactory grade - through praise and verbal feedback. When a child behaves in a negative manner, explain to them why the behavior is inappropriate and what they should do instead. This allows kids to develop an internal moral compass, which will help

them monitor their own behavior in the future.

Furthermore, natural consequences allow valuable lessons to be learned firsthand. These are effects that occur without parental influence: for example, if your child has stayed up past their bedtime, they will be tired the next morning and may have less energy to partake in things they enjoy. This natural repercussion will show them why the rules exist in the first place. Thus, your child will be able to decide for themselves that the disadvantages outweigh the advantages and will begin to make the right choices on their own.

Finally, show your child that they must take ownership of their actions and take care of the aftermath. For instance, if your child spills food, discipline them by having them clean up their mess. Not only will this curb undesirable behavior, but it builds responsibility, which is an important lifelong attribute.

On another note, nurturing a positive relationship with your child goes beyond discipline.

As a parent, one must take a very active role in bonding with their kid. Family is a child's first exposure to healthy relationships, and it is vital that these interactions are positive, as this will increase self-confidence and ability to trust in others, both of which are tools humans need to lead a happy life.

One important suggestion is to take interest in your child's hobbies, and do your part in enabling them to pursue these. For

instance, if your child has taken up drawing, ask them about it, check out their work, and give them as much access to materials as possible. Give your children the freedom to explore many different areas so that they can find those which pique their interest, and avoid constraining available hobbies or pressuring them into any specific ones.

In general, nurture your child's natural strengths and talents wherever you can. Additionally, create regular moments in which you are able to spend quality time with your child. This could be a board game night, eating meals as a family, baking together, or any other activity that both you and your child agree upon and enjoy. Keep this time distraction-free (sans mobile phones or other distractions) in order to truly connect with your child. Ask them about school,

their interests, how their day went, etc. to keep yourself involved in their life. This habit will foster a greater sense of trust, show your child that you appreciate them, and promote open communication. Life can get hectic, but even setting aside just a few minutes every day is key to maintaining a healthy bond.



Photo by MCC Nathan Carpenter

Capt. Teague Suarez, commanding officer of Naval Station (NAVSTA) Rota, poses for a photo with personnel from Fleet and Family Support Center (FFSC) Rota and other base departments after the proclamation signing for Child Abuse Prevention Month in the command building, April 7, 2023.





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“It Takes a Village to Raise a Child:” Rota Elementary to Host Family Wellness Event

By Courtney Pollock
NAVSTA Rota Public Affairs

“It takes a village to raise a child.” This African proverb conveys the importance of the entire community in creating a safe and healthy environment for its youngest members to grow, develop, and learn. With this in mind, the staff and leadership at Rota Elementary School is hosting an event focused on social-emotional wellness, April 19, from 4:45-7 p.m. at the school complex.

“An event promoting social-emotional

well-being signifies the school's commitment to caring for students' academic success and their emotional and mental welfare,” said Kenneth Kirk, principal for Rota Elementary School. “Such events foster collaborative relationships among the school, parents, and students, creating a safe and welcoming learning environment that benefits everyone involved.”

The event will provide parents, caregivers, and students with strategies, tools and resources to support healthy mental health and social interactions of their young learners.

“At DGF, we know that the *whole* child approach takes into account not only the academic aspects of learning,” said Marla Echols, coordinator of this event, “but also the social-emotional wellness of our learners and school community as a whole.”

During the planning stage, the team wanted to create an event that focused holistically on the learner – expanding beyond academics – and including the entire family unit. The coordinators looked outside the school walls, and invited service providers from throughout the community to provide



Photo by Courtney Pollock
Teachers and administrators from Rota Elementary School pose for a photo at the school during a planning meeting for the Social Emotional Wellness (SEW) Family Night event. The SEW event will be held April 19 from 4:45-7 p.m. at the Rota Elementary School and feature not only school personnel but subject matter experts and resources from throughout the community.

additional techniques and resources. Community partners such as Child & Youth Programs (CYP), Educational and Developmental Intervention Services (EDIS), Fleet and Family Support Center (FFSC), Military Family Life Counselors (MFLCs), School Liaison Office and Morale, Welfare and Recreation (MWR) in addition to team members from the school.

“We wanted to provide an opportunity to identify resources, within our community, that allow us to be proactive in support of our learners,” said Echols.

Parents and caregivers will be able to participate in breakout sessions led

by experts from the community while the children can enjoy a kids’ game zone. The school is also hosting a free dinner for all participants.

Coordinators hope this event will highlight the “village” here, and how the greater community can support the Rota children in their overall wellbeing, social connections, and relationships.

Echols feels that this event is just the first step, and hopes that the community supports this new initiative.

“We hope that our community will join us and that this could become an annual event to support our learners and families,” she said.



Rota Community Family Night

Social Emotional Wellness (SEW)

The process of establishing and maintaining positive relationships as well as understanding and managing our emotions.

April 19, 2023

4:45-5:15 p.m.

FREE DINNER

5:15 - 7:00

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PARENT SESSIONS

DGF Multipurpose Building (MPB)



Resources, Education, Connections & Community

Rota Community Social Emotional Wellness Initiative

NAVSTA Rota Holds Vietnam Veterans Day Ceremony

Photos by MCC Nathan Carpenter

Members from the Naval Station (NAVSTA) Rota community gathered to honor Vietnam veterans during a ceremony at the base chapel, March 29, 2023. The event was coordinated by the installation's Retired Activities Office (RAO) to acknowledge and honor Vietnam Veterans and their families.

After the ceremony, Vietnam veterans, their families, and community members gathered in the Fellowship Hall for stories, cake, and camaraderie.



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Women Who Tell Our Stories: NAVSTA Rota Gathers for Women's History Month Event

By Courtney Pollock
NAVSTA Rota Public Affairs

It's an age old question: what type of impact will your life, or story, leave on this world? "Will it be happy or sad; one of struggle or triumph; one of biases or truth?" The Naval Station (NAVSTA) Rota multicultural and diversity committee held an event at the base chapel in honor of women's history month, March 22, 2023.

NAVSTA Rota Executive Officer Cmdr. Anthony Meyers opened the event with remarks about the strides women have made within the U.S. Navy.

"Today women serve alongside men as enlisted Sailors, officers and leaders in every part of the Navy," said Meyers. "From the flight deck to the bridge, from the Medical Corps to the Seabees. Women's History Month gives us the opportunity to reflect on the incredible contributions of women throughout history and celebrate the progress that has been made in the fight for gender equality."

This year's Department of Defense theme was "Women Who Tell Our Stories," celebrating the diverse females and the mediums used to tell their life's work. Committee members recounted the stories of Frida Kahlo and her art, Gloria Steinem and her journalism, Maya Angelo and her poetry, and Hull Maintenance

Technician 2nd Class Donna Tobias and her determination to become the first female Navy deep sea diver. Each used their craft, grit and actions to tell their individual story as well as the greater story of women.

Playing on this concept of storytelling, the committee asked Lt. j.g. Charena Camacho to be the guest speaker for the event.

"I am a daughter, a sister, a friend, a future wife of a naval officer, and the way most of you know me, the public affairs officer for Naval Station Rota," said Camacho as she began her speech. "Intrinsically, I am also a female – a women that serves in the United States Navy – and my duty is to tell the Navy's story."

Camacho relayed how she's always been intrigued with reading others' stories and later, learning the craft of telling these stories. While she has spent years learning this skill, she said that today everyone has access to the powerful tool of storytelling through social media.

"We all hold the keys to be journalists, storytellers, and frontline reporters," she said. "However are you telling fake news? Are you adding wisdom or just adding noise to our already clamorous world? Don't tell fake news. Be an authentic storyteller. Get vulnerable and tell the



Photos by MCC Nathan Carpenter

Naval Station (NAVSTA) Rota Executive Officer Cmdr. Anthony Meyers, center left, cuts cake with Chief Religious Programs Specialist Kalli Hoevelman, center right, during an event in observance of Women's History Month at the base chapel, March. 22, 2023. Meyers and Hoevelman are joined by NAVSTA Rota Command Master Chief William Rodriguez, right, and members of the multicultural and diversity committee.

truth."

As a public affairs officer, Camacho is committed to the DoD's public affairs foundation of "strength through truth." By providing an accurate portrayal – whether positive or negative – that is where the strength of the organization and the individuals within it is shown.

She then focused on the micro-level and encouraged each audience member to write their own story.

"Put your thoughts on a piece of paper,"

said Camacho. "Express them. Make them tangible living ideas and stories you can share with other people because we need to be vulnerable."

By speaking the truth and being open (or vulnerable), anyone can be a storyteller. Use that power to push truth, openness, and equality in whatever story is being told – yours, the Navy's, or women's – but most importantly, just keep telling the story!



Rear Adm. Collins Visits NAVSTA Rota

Photos by MCC Nathan Carpenter

Rear Adm. Brad Collins, commander, Navy Region Europe, Africa, Central, tours fuel facilities at Naval Station (NAVSTA) Rota with leaders from NAVSTA Rota and Naval Supply Systems Command (NAVSUP) Rota, Apr 4, 2023. As the "Gateway to the Mediterranean," NAVSTA Rota provides U.S., NATO and allied

forces a strategic hub for operations in Europe, Africa and the Middle East. NAVSTA Rota is a force multiplier, capable of promptly deploying and supporting combat-ready forces through land, air and sea, enabling warfighters and their families, sustaining the fleet and fostering the U.S. and Spanish partnership.



NMCRS Celebrates National Volunteer Week at NAVSTA Rota

By Amber Courtney-Duncan
Navy-Marine Corps Relief Society (NMCRS) Rota

This month, Navy-Marine Corps Relief Society (NMCRS) celebrates the volunteers that keep the organization thriving here on Naval Station (NAVSTA) Rota. The society's recognition team comes together every year to highlight the work and dedication of all volunteers - past and present - through a week long celebratory event.

For many, volunteering with the Society offers exceptional balance with the opportunity to learn career-oriented skills while serving the military community. Even active-duty volunteers have the chance to serve an organization that's in the business of serving them. NMCRS has become an outlet to break away from the challenges surrounding career uncertainty and relocations by providing an outlet for creativity, productivity, and support.

For example, at the heart of the NMCRS Budget for Baby® program are the exceptional volunteers that knit each blanket with the coziest fabrics enriched with love for each program participant. Each blanket averages 30 volunteer hours - NMCRS volunteers bring in anywhere from three-eight blankets at a time.

When asked why, volunteer Pam

Jensen said, "It is better to do good than to do well."

Jensen, who's been a NMCRS volunteer since the late 90s while stationed on the USS Tarawa (LHA-1), has a personal connection to the society. Jensen has served in almost all of the departments over the years. As she reminisces on her time with the Society, Jensen notes, "Why do I continue to volunteer? Several reasons....one is that NMCRS gave my son a layette shortly after he was born long, long ago ... it was the first new items he ever wore."

With financial, educational, and need based assistance at the forefront of the Society's mission NMCRS volunteers like Jensen have dedicated themselves to these guiding principles.

Support is another pillar that connects this whole military community together. At multiple levels it connects NMCRS volunteers as well and has strengthened the society's mission all together.

"The biggest takeaway for me has been the relationships I've made..." said Tosha Weisenburg, NMCRS' recognition team lead. Allison Moulton, who works alongside Weisenburg, also agrees with this valued connection. Furthermore, "It's a fun break away from the chaos of parenting - we could all use the break!

In a nut shell, our volunteers create "a

community within a community" reflects Katie Barger, a NMCRS' Thrift store volunteer. A community that connects and inspires.

This inspiration brings a vibrant culture of volunteerism to life despite challenges many military spouses may face at work and at home. "Be brave," said Maria Virgos, NMCRS Rota's record coordinator lead. As a military spouse for over 25 years, Virgos reflected on her time in this lifestyle and wants others to remember how important it is to not only keep your mind & body stimulated but also your spirit too.

"I'm doing something that matters," she said. "It's difficult to find work here, but don't let that stop you. If they tell you no, it's ok - keep going."

No matter the reason for joining the team, each one the NMCRS volunteers plays an integral role in the values, systems, and initiatives that support active duty families.

NMCRS national volunteer week kicks off April 17 as offices across the country take time to recognize their volunteers. NMCRS Rota will be celebrating all 59 volunteers with over 20,000 hours of contribution to the local active duty families. NMCRS is proud to have talented, committed, and motivated volunteers that enrich the foundation

of the Society and serve it in diverse capacities.

NMCRS Rota's director, McKallah Blanton, also started as a volunteer two years ago. She expressed the importance of the society's volunteers as a "vital [role]."

"I can celebrate, recognize, and display my gratitude as much as possible, but I can say from my own experience that it's not enough," she said. "It's truly overwhelming to think about how many proud moments I have had... I couldn't have asked for a better team."

NMCRS looks forward to growing the organization to ensure the Society continues to meet emerging needs of the local community with a focus on empowerment and resiliency through education.

Thank you to all volunteers past and present for your work and dedication to our active duty families. In the words of Ms. Heather French Henry, "Volunteering is at the very core of being a human. No one has made it through life without someone else's help."

For more information on how to volunteer with NMCRS, turn to page 22 of this Coastline for QR code.



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USO Rota Hosts Women in STEAM Family Night

From USO Rota

USO Rota honored International Women's Day this year by tailoring their family game night event to represent women who contributed to S.T.E.A.M. (science, technology, engineering, art, and mathematics). USO Rota hosted multiple families in the center for an educational evening centered around women who made a significant impact on science, technology, engineering, art, and mathematics. S.T.E.A.M. is an approach to learning that uses the four pillars as access points for guiding individuals through inquiry, dialogue, and critical thinking.

USO Rota was thrilled to share this educational experience with Rota families as they had the opportunity to complete four S.T.E.A.M. projects. All stations were centered around an art theme, and the crafts were inspired by a woman who has significantly impacted society. There was a DNA model station representing the work of Rosaline Frankly, where families made their version of a DNA nuclear system. Ada Lovelace, who invented coding, provided the opportunity for participants to code their names out of beads

onto a bracelet. For Amelia Earhart, a champion for women in aviation, families designed their very own paper airplanes and tested their flying distance. The last station was inspired on behalf of Angelina Fanny Hesse, who is best known for her work in microbiology. Participants tested the effects of dish soap when it is mixed with pepper and water focusing on how important cleaning our hands with soap can make by separating the germs from our skin.

USO Rota team members enjoyed watching the creativity of participants during this event, and the hands-on element was a massive success in bringing them together to create their S.T.E.A.M. projects. Overall, the event was a huge success thanks to the help of the dedicated volunteers and the support from the Rota community.





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Isabella Cardenas

Isabella Cardenas is a sophomore at David Glasgow Farragut (DGF) Middle/High School on Naval Station (NAVSTA) Rota, Spain.

Originally from Jacksonville, Florida, she has been taking "the traditional high-school curriculum with a few high placement classes such as Advanced Placement (AP) human geography, environmental science and pre-calculus." When asked her favorite classes, Cardenas said she enjoys her AP classes best.

Outside of school, Cardenas spends the majority of her time swimming.

"I currently swim on three teams, one in Cadiz, the Rota Tiburones, and FAN (federación Andalucía natación)," she said.

Swimming has provided her continuity within her ever-changing life as a military child.

"It has been difficult moving around and having deployed family members throughout my life," she said, "but swimming

have been a constant part of my life."

During her time in Rota, Cardenas has broken numerous records as a member of the Rota Tiburones swim team and recently travelled to Mallorca to participate in a Spanish swim competition representing the United States.

When she's not practicing or competing, Cardenas is a typical teen. However, many of her favorite activities involve water.

"Anything to do with the beach," she said. "Whether it's open water swimming, beach volleyball, soccer, surfing, or just hanging out with my friends."

When asked why she enjoyed about being stationed in Rota, Cardenas said her travels throughout Europe and seeing historical places she never thought she would see.

"I would've never expected to be living in a different country having grown up in the States most of my life. Moving to Rota and traveling so much has been an invaluable experience."



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Internet Safety: Keeping our Children Safe Online

By Jackie Taylor

Rota Child & Youth Programs

We live in a digital age now where children are exposed to online media, both helpful and hurtful. Children and teenagers can be particularly vulnerable to online crimes—tricked by anonymous predators because they do not recognize suspicious behavior or activity online. When you think of digital media with your child, consider these statistics:

- 12 million children in the United States (U.S.) are exposed to cyber risks, 9 million are affected by cyberbullying, and 6 million experienced cyber threats from 2015-2020.
- 42.1% of children admit they have seen online porn. One in 16 have been exposed to hardcore pornography.
- One in 20 children admitted arranging a secret meeting with someone they met online.

Parents play a crucial role in keeping their children safe in the digital world we live in. Here are some tips parents can use to help their children understand the risks of having a digital profile and safely using the internet.

- For very young children, under the age of seven, always sit with them

as they learn to use online tools and access games. Start teaching them to respect others online and treat them with kindness, just like in person.

- Keep online activities in an open area, such as the family room, so you can monitor what children are accessing online.
- Build a trust with your children from a very young age to come to you if they ever feel threatened or see something online that makes them feel uncomfortable.
- Consider the movement to waiting until 8th grade to give your child a cell phone. For more information, check out: <https://www.waituntil8th.org/>

Parents should become familiar and educated on internet filtering tools and learn how to set up blocking mechanisms to protect children from accessing sites that are not appropriate for them, or having them be contacted by an online predator.

The National Center for Missing and Exploited Children provides dozens of free videos, presentations, tip sheets, and other fun printables designed to teach kids how to be safe online! You can download these materials and find more ways to keep your children safe by visiting their website at <https://www.missingkids.org/netsmartz/resources>

Rota Child & Youth Programs offer a variety of trainings and informational sessions for parents. Check out *Vamos* magazine or stop by the CDC for additional information.

Meet Safety's Newest Explosives Safety Officer: Clifford Williams

By Clifford Williams

NAVSTA Rota Safety Department

My name is Clifford Williams, I am the new explosives safety officer (ESO) here at Naval Station (NAVSTA) Rota. My goal is to maintain the safest explosives safety program and make improvements as needed.

Upon graduating high school from Taylor County, Georgia in 1990, I joined the Navy as radioman and was stationed in Naples, Italy as my first duty station.

In 1994, I cross-rated and became an aviation ordnanceman, at which time I transferred to USS Enterprise (CVN-65) from 1994-1999 and assigned to G-3 magazine division. Leaving Enterprise, transferred to Atlantic Ordnance Command DET Sewells Point, Virginia from 1999-2002 as a member of a small team of Sailors to become hazmat certifiers.

After departing Virginia, I went to USS George Washington (CVN-73), from 2002-2006 homeported in Norfolk, Virginia. As part of the G-3 magazine division, I was part of the first ever psychological warfare leaflet bombing. Afterwards, I transferred to Naval Munitions Command DET Sigonella, Sicily, from 2006-2010 as the magazine division leading petty officer. During my time there, I was nominated as Sailor of the quarter, and advanced to rank of Chief Petty Officer. Departing Sigonella, I transferred to USS John C. Stennis (CVN-74), from 2010-2012, homeported in Bremerton, Washington.



After 22 years of naval service, I decided it was time for me to retire from the Navy but I continued my service to the fleet as a civilian. I initially started in a one year temporary position from 2012-2013 working for Fleet Logistics Center in Keyport, Washington as an ammunition packer. I was then offered a permanent position with Naval Underwater Warfare Center (NUWC), Keyport where I assigned to the magazine field office as a materials handler inspector until I arrived in Rota as the explosives safety officer.

I am excited to be part of the NAVSTA Rota team and look forward to working with everyone!

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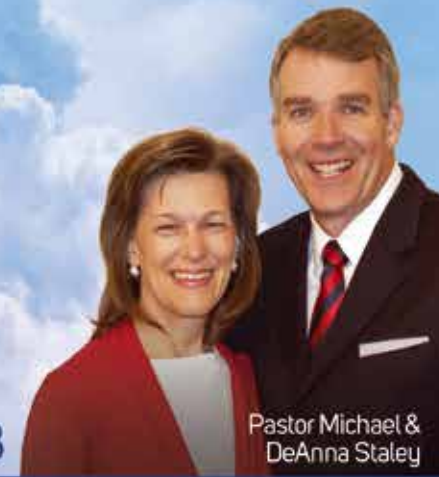
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SLO Notes

Randy Lambert, of Naval Station Rota School Liaison Office (SLO), has a wealth of resources, information and programs related to school and school-age children. Additional information can be found on the SLO page of www.navymwrrota.com, by emailing SLORota@eu.navy.mil, or calling 727-2425 or +34 956-82-2425.

Spanish Schools Individual Information Appointments

The School Liaison will assist NAVSTA Rota families planning to enroll their child/children into Spanish schools for school year 2023-24 and needing help with the process. Contact SLORota@eu.navy.mil or call DSN 727-2425 for more information or to make an appointment.

Homeschool Meet & Greet

The School Liaison will host a homeschool meet & greet and lunch on April 28 starting at 11 a.m. in the School Age Care building. The Rota Hospital will partner to provide a healthy cooking activity, and children and youth will make their own pizza. This event is FREE! RSVP by noon on April 27 by contacting SLORota@eu.navy.mil or calling DSN 727-2425.

Social-Emotional Wellness (SEW) Family Night

Rota Elementary School is planning a Social-Emotional Wellness (SEW) Family Night on April 19 from 4:45-7 p.m. at school complex. The school will provide families with a free dinner, student activities, and the opportunity for parents to attend several workshops that help promote social-emotional well-being for our students and ourselves. **Read more about the event on page 12 of this Coastline.**

S.T.E.A.M. Expo Night @ Rota Elementary

Rota Elementary will host their Science, Technology, Engineering, Arts and Math (STEAM) expo as students and community members showcase and excellent night of interactive educational fun. The event will take place on Wednesday, April 26, from 5 – 7 p.m. with the school's sevillanas club kicking off the festivities!

DoDEA Sure Start for SY 2023-24

If you have a child that will turn four years old by Sept. 1, 2023, your child may be eligible for DoDEA's pre-kindergarten Sure Start program. Applications are being accepted now and continue through the summer. For more information contact the School Liaison @ SLORota@eu.navy.mil.

DoDEA Annual Reregistration SY 2023-24

DoDEA annual school registrations for SY 2023-24. DoDEA re-registration for SY 23-24 continues through the month of April. Annual registration determines the number of instructional staff needed at our on base school. Please re-register early.

European Homeschool Conference & Workshops

Calling homeschool families to attend the 2023 European homeschool conference and workshops held at the Edelweiss Lodge & Resort in Garmisch, Germany. The conference will take place May 4-7, 2023. Guest speakers include Natalie Mack from the HSLDA. Check out the Rota Area Homeschool Facebook Page, or contact the School Liaison for more information.

M/HS Health & Wellness Fair

Students at David Glasgow Farragut (DGF) Middle/High School will participate in the annual health & wellness fair on Friday, May 5, starting at 11 a.m. in the courtyard behind the MPB. The fair is hosted

by Fleet & Family Support Center (FFSC), David Glasgow Farragut (DGF), Child & Youth Programs, Navy-Marine Corps Relief Society (NMCRS), hospital's Health Promotions, and many other community partners. For information, contact the school liaison.



Teen Resume & Interview Workshop

Calling on high school students - aged 16 and up - that want to prepare for teen summer hire (if offered) or summer employment with the Navy Exchange (NEX) or Morale, Welfare and Recreation (MWR). Learn about resume writing and interview skills during a session on June 1 starting at 2:30 p.m. at the Youth Center. Contact the School Liaison for more information.

Feeling Stressed and Need Someone to Just Listen or Talk to?

Military Family Life Counselors (MFLCs) are available to provide broad-ranging support to military family members, children, youth and other adults who support them. Counselors all hold masters and Ph.D. degrees and are available to perform situational, short term, problem-solving support available at no cost, and it is dedicated to augment existing military support services.

CYB MFLCs are available for adults for in-person appointments via WhatsApp at:

CYP - Beate Medina, +34-642-519-746
DGF M/HS - Shana Vargas, +34-624-285-707
Rota Elementary - Doug Detwiler, +34-624-262-856
Rota Elementary - Nancy Pedagno, +34-641-482-865

Adult MFLCs working with the DESRONS:

Thereza (Terry) Hernandez, +34-722-144-636
Zahira Diaz Lopez, +34-624-368-371
Joyce Evangelist, +34-643-509-600 (remote)

Tutor.Com for Military Families

Tutor.com for U.S. military families (Tutor.com/military), funded by the U.S. Department of Defense (DoD) and Coast Guard Mutual Assistance (CGMA), is a program that allows eligible students in kindergarten through college to connect to a live tutor online at any time (24/7/361) for one-to-one help with homework, studying, test prep and more, at no cost.

Call the School Liaison before You GO

If you are planning to PCS or change your duty station in the future, contact the school liaison to help you with your transitions. Your school liaison can also put you in contact with your gaining installation's SL.

Women's History Month Essay Winners

From School Liaison Office

In honor of Women's History Month, the school liaison office (SLO) hosted

Lexie Nowak
3rd Grade

My name is Lexie Nowak, and I will talk about one of the strongest problems women face today. I read in Forbes Magazine that American women earned 17% less than men on average in 2022, and they will make much less in their whole life than men. This is not fair. I think that women should be paid equally.

Now, women today get paid more than they used to, which is a good change but they still get paid less than some men. Women do something called unpaid labor, which is when a woman or girl does the laundry or pick up groceries without getting paid for it. Women are still doing most of this work, even though more women are working and not at home all the time.

I think this is going to change in the next 20 years because girls my age when we grow up, we're going to make the change. When I grow up, I'm gonna get a good job and whenever we get paid, I'm gonna ask my friends that are boys if they got paid more and if they did, I'm gonna stand up and I'm gonna talk to the person or company that paid us and I'm gonna say exactly this "If you don't pay us equally, then I'm gonna take these women that agree with me, and were not gonna work." And if they still don't care, then we're gonna quit working there and we're not gonna give them a good rating. They will be mad at it, but I won't care because it's not fair.

That is how I think this will change in the next 20 years.

a writing contest where children could pick one of three prompts to write a short essay.

Below are the winners of the contest:

Lilliana Nowak
5th Grade

Who is your favorite historical figure?

My favorite historical figure is Ms. Michelle Obama because she is outspoken, intelligent, a feminist, and she used her time as First Lady by improving the daily lives of people across the country because she cared about them.

She also fought for what she believed in and created campaigns to change things that shouldn't have had to have been changed, and that should've always been good from the start. A couple of different campaigns that she created are Let's Move! and that is to help children eat healthier and be more active, and Join Forces for military spouses, kids, and veterans to have the tools they need to get into the job market.

Because Michelle didn't grow up in a wealthy, famous, or prominent family, she saw issues that exist in our daily lives and created solutions to help minimize them for us. I think it's important that she fixed these problems and made other people's lives easier and better than her childhood life was.

I really admire her work and I imagine that there's a child today that is out there eating more vegetables at lunch and being more active through their day that will potentially grow up to be the next Einstein or Marie Curie or Frida Kahlo.

CRIME VICTIM CHECKLIST

1. NOTIFY LOCAL LAW ENFORCEMENT

* Use the free app **AlertCops** for the quickest response. You can also dial **091** for local police, **112** for emergency translation services, **956-82-2911** for on-base emergency dispatch or **911** from a base landline phone.

2. OBTAIN A COPY OF YOUR POLICE REPORT

3. TAKE POLICE REPORT TO NCIS

* NCIS is located in bldg. 3263 across from the NEX behind the main Security building.

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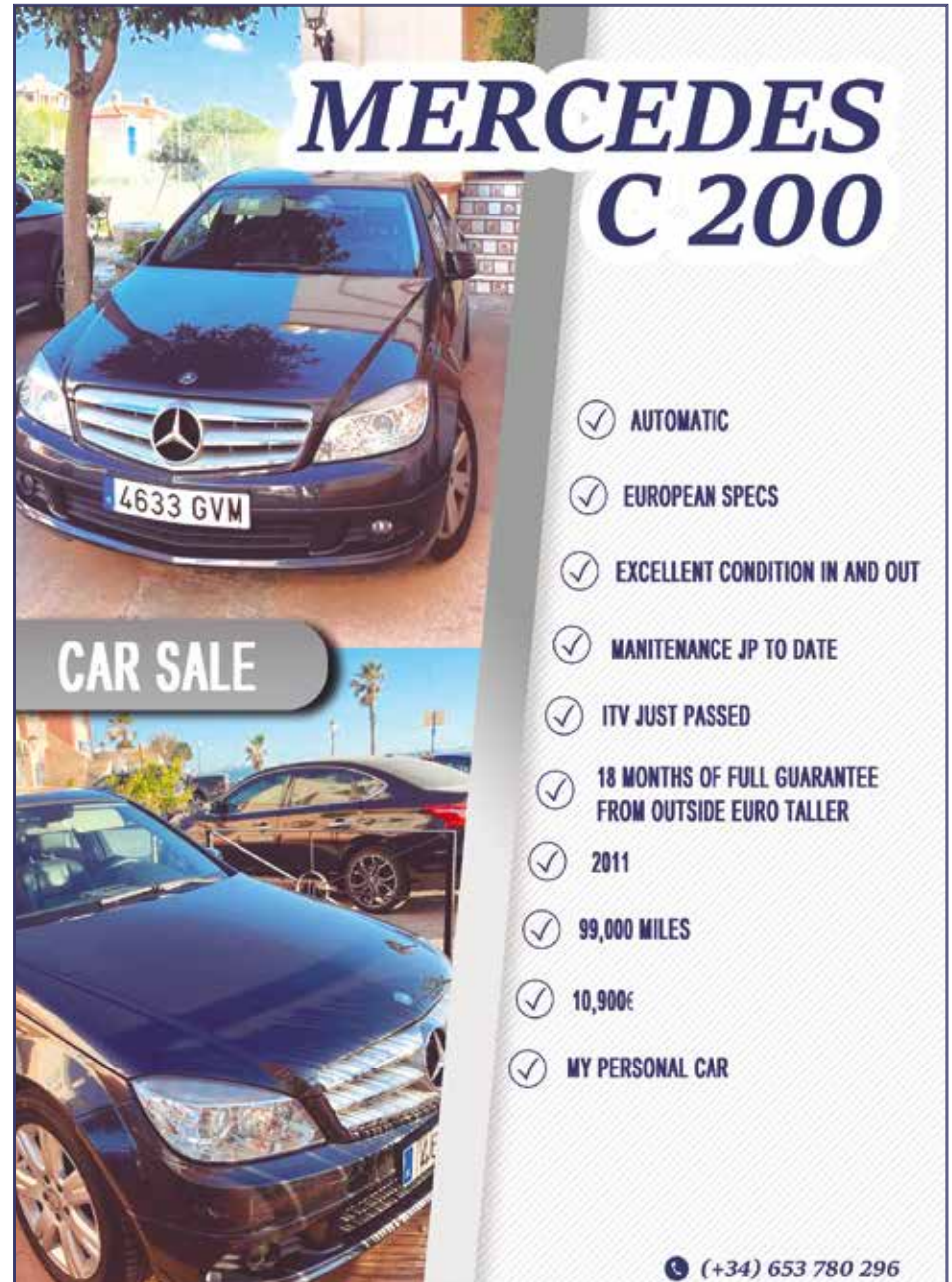
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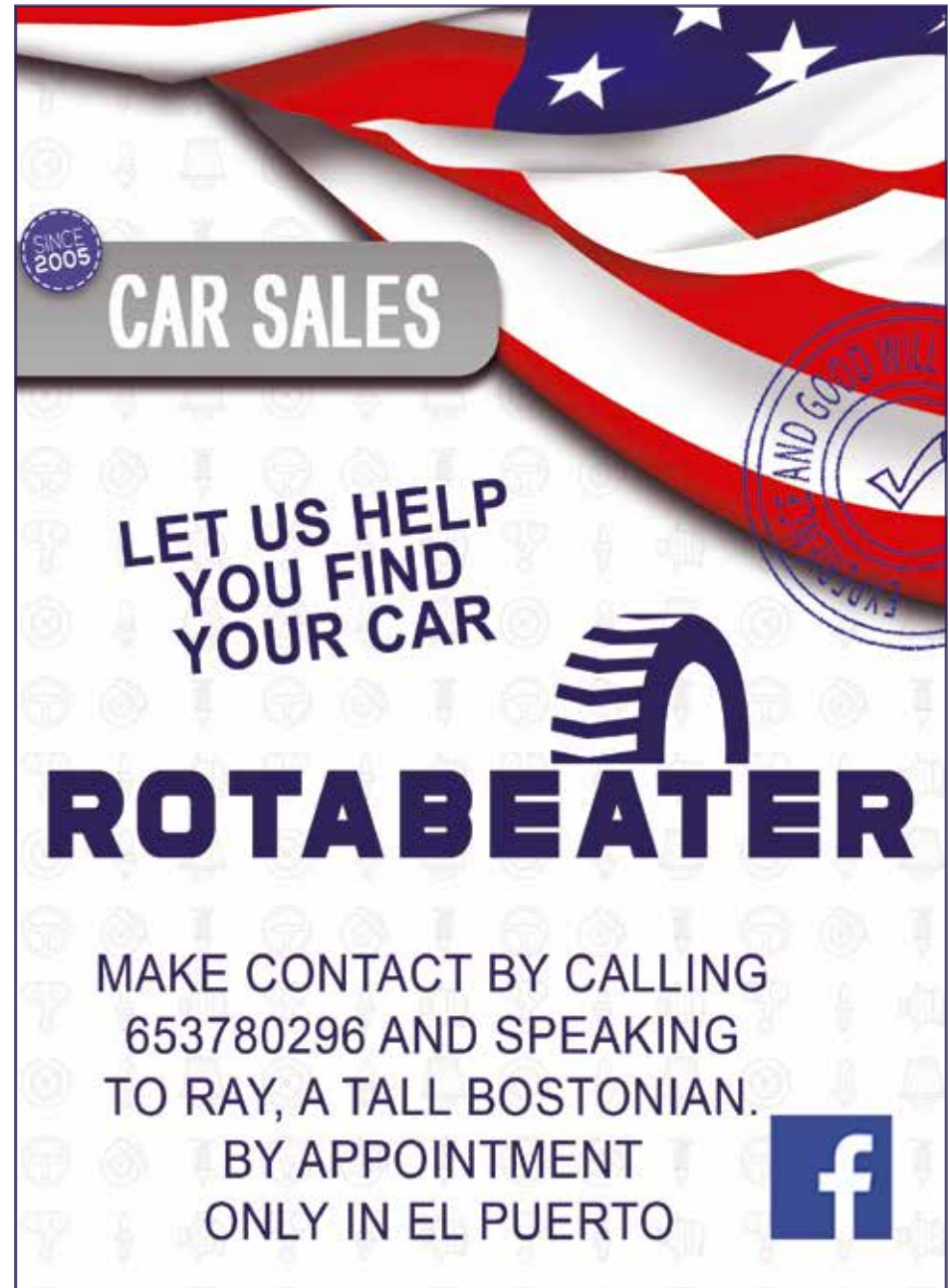
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Community Travel Adventures: Las Fallas of Valencia, Spain

Story and photos Lt. Ryan Twaddle
NMRTC Rota

Las Fallas is an annual festival in Valencia, Spain. The neighborhoods construct massive "fallas," or "torches." Throughout the beginning of March, visitors from around the world visit to see the hundreds of fallas.

In the last days of the festival (March 15-19) at 2 p.m., there is a daily *masclea*. Starting with a few firecrackers, the event turns into a rumble, then an eruption of explosions as the Earth begins to shake from the pyrotechnic show. Make sure you arrive an hour to 90 minutes before the show to have a good view.

March 18 is the Offering of Flowers,

where the neighborhoods parade through the city as a large *ofrenda* made of flowers is constructed near the city center of Mary (mother of Jesus).

The *crema* occurs on the final night of the festival (March 19) which coincides with St. Joseph Day (husband to Mary) and Spain's Father's Day. Each neighborhood gets together to put on a pyrotechnic show followed by the burning of their falla.

It's definitely a must-see event during your time in Spain!

Note: This festival is not for the faint of heart. During the festival, fireworks and firecrackers are set off in the streets all day and night.





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NAVAL STATION ROTA COMMUNITY RESOURCES

ALCOHOLICS ANONYMOUS MEETINGS

Alcoholics Anonymous (AA) meetings occur Tuesdays and Thursdays at 7-8 p.m. in the Chapel Fellowship Hall. Meetings are hybrid, offered in-person and Zoom and are for people with a desire to stop drinking or who have a problem with alcohol. Meetings are open; additionally, we are willing to visit tenant command DAPAs and/or triad leadership to explain the program, answer questions and offer our experience, strength and hope. For fellowship, meeting information or Zoom details, please contact Dean S. at +34 674-38-77-55 via phone, text, WhatsApp or Signal.

AA off base: "Rota Drydocked." Every Saturday, 4 p.m. by Zoom only. For information on how to join the Zoom session, contact Joe G. via WhatsApp at: +34 603-84-15-59.

AL-ANON MEETINGS

Have you been affected by another person's drinking? If so, please join us every Wednesday at 4 p.m. at the base Chapel nursery for an Al-Anon meeting. The only requirement for Al-Anon membership is that there be a problem of alcoholism in a relative or friend. For info on meetings, please contact Amy at +34 624-28-5125.

AMERICAN RED CROSS

Mon - Fri, 8 a.m. - 4:30 p.m.

Volunteers are welcome and encouraged to stop by the office and CPR courses are now being offered. Days and times of the courses will be posted on our FB page. For more information, call us during business hours at +34 956-82-2333, 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 DSN (314) 727-2333 or +34 956-82-2333. 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>

ROTA EDUCATION CENTER

Central Texas College, Embry-Riddle Aeronautical University, University of Maryland Global Campus, and University of Oklahoma offices are open and able to assist you in reaching your education goals. The Rota Education Center is located on the second floor of the Community Services Building (Bldg. 3293).

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

When you are having trouble meeting urgent financial needs, NMCRS may be able to provide an interest-free loan or grant. Through financial counseling, we will also help you plan for better financial stability. Our services are completely confidential. If you are approved for a loan or grant, you will receive funds immediately. There is no application fee and the appointment is completely free. If you need \$1,000 or less, you may be eligible for our Quick Assist Loan.

NMCRS Business Office

Monday-Friday; 8 a.m.-4 p.m.

First floor, Community Support Building (Bldg. 3293)

Office: DSN 727-1614 or +34 956 821 614

After Hours Duty Cell: +34 660 984 511

After Hours Emergency Assistance: +1 (877) 272-7337

Email: rota@nmcros.org

Facebook: www.facebook.com/nmcrosrota

NMCRS Lactation Room

The NMCRS Lactation Room is **OPEN** in the Community Support Building from 8 a.m. to 4 p.m., and is a first-come, first-serve room. If you are in need of a private space to nurse your child, pump, or just relax with your little ones, visit our office for access to the room.

NMCRS Thrift Shop

Hours of Operation

Monday: 10 a.m.-1 p.m.

Thursday: 3-6 p.m. (third Thursday - active duty only)

Third Saturday of Month 11 a.m.-2 p.m.

NMCRS Casework and Classes

Casework Appointment: For active duty Navy, Marines, retirees, and dependents, the NMCRS can help you with financial relief. This can be used for emergency travel, basic living expenses (BLE), pet OCONUS, auto, household set up, and more.

Budget for Baby Class: Are you a new or prospective parent? Join us in-person to learn important budgeting skills for your new addition! Parents will learn about military pay fluctuations, baby expenses, consumer pressures targeting new parents, and entitlements available through government and private sources. This class is now open to both active duty and government civilian families. All participants will receive a layette and a handmade baby blanket. Families will also receive a \$50 Amazon gift card. To register, visit <http://linktr.ee/nmcrosrota> and select the desired class and date.

Command Classes: We offer financial classes for groups and commands. Our caseworkers can come to you, or we can hold the classes in our classroom. Call or email our

office to schedule one of these classes.

UPCOMING NMCRS AND HOSPITAL MATERNAL PROGRAMS AND CLASSES:

The Visiting Nurse program includes home and virtual visits, classes, and community support groups for active duty, retirees, and their families. The Visiting Nurse provides health education, resource referral, and support for prenatal and postpartum, newborn care, breastfeeding, pediatric, adult, and geriatric health concerns. *Schedules for the Support Groups is currently be constructed. Please look to the future for additional add-ons and schedule changes.*

NMCRS: VOLUNTEER WITH US!

Are you interested in volunteering in the NMCRS office or Thrift Shop? We have several opportunities to grow your resume while contributing to our community! We also reimburse for childcare and mileage. Apply to volunteer online at <http://linktr.ee/nmcrosrota> and join us for a monthly volunteer orientation. NMCRS Rota is looking for blanket makers and Thrift Shop volunteers.

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 DSN 727-4185/4435 or commercial, +34 956-82-4185/4435.

USO ROTA

For all USO Rota events and more, follow "USO Rota" on Facebook at www.facebook.com/USORota

WIC OVERSEAS

Women, Infants and Children (WIC) Overseas is a nutrition education and supplemental food program that aims to improve the overall health and wellness of families for active duty service members and their dependents, DoD civilian employees and their dependents, DoD contractors and their dependents. Basic nutrition and health screenings, drafts to be redeemed for nutritious foods, access to resources & tips that help you and your family lead healthier lives, healthier birth weights for babies, reduced anemia rates for children, breastfeeding support, breast pump loan program, breastfeeding/pumping room open to everyone. Call DSN 727-2921 or commercial, +34 956-82-2921, for more information.



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COMMUNITY

Rota Roller (In-Line) Hockey players, looking for some hockey to play in Southern Spain? Contact Bryan Long (email: brylongster@gmail.com or WhatsApp at +1 805-669-8134). There is a "local" team at Chiclana, or if enough interest / players, NAVSTA Rota can form its own team and participate in the regional (Andalucian) league.

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Weighing 6 lbs 2 oz

Henry F. Wagner

born March 22, 2023
to Kyle and Jessica Wagner
Weighing 7 lbs 1.6 oz

Avery T. Zaremba

born March 23, 2023
to Alec and Emely Zaremba
Weighing 9 lbs 11.2 oz



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Program services are provided to eligible participants overseas:

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- DoD Civilian Employees & their Family Members
- DoD Contractors & their Family Members

To see if you qualify for services, please contact our office:

Rota WIC Overseas Program
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