

COASTLINE

May 21, 2020 | Volume 30, Issue 10

U.S. Naval Activities Spain



**Rota Spouse
Creates Community
For Parents**
Page 12-13

**"If It is Given Me to
Save a Life" - One
Doctor's Story**
Page 13

**Local Girl Scout
Volunteers Receive
Recognition**
Page 4

MWR Navy Entertainment Invites Performers to Your Home

By Shannon Revelle

Commander, Navy Installations
Command Commercial Sponsorship
Program Public Affairs

Even a pandemic hasn't stopped the folks behind Morale, Welfare and Recreation (MWR) Navy Entertainment from doing what they do best – supporting the quality of life of Sailors and their families.

MWR Navy Entertainment, in partnership with Navy Exchange Command (NEXCOM), quickly launched the Surprise Guest of the Day program after stay-at-home and restriction of movement orders went into effect in March. The Surprise Guest of the Day program includes daily virtual videos posted on Navy Fleet and Family Readiness's (FFR) social media page, (www.facebook.com/navyffr), and on Navy MWR's website, (www.navymwr.org). NEXCOM also shared posts on their social media outlets.

"MWR Navy Entertainment has always been there to provide quality live entertainment for Sailors and their families at installations, and we are continuing to provide digital versions at home," said Karen Fritz, CNIC's MWR Navy Entertainment program manager. "While it isn't the same as live shows, we hope that we are able to give our Sailors something to look forward to during this unprecedented time."

MWR Navy Entertainment contacted entertainers around the globe who previously toured with the program. The artists recorded a personal message to Sailors and their families, thanking them for their service to our country and shared previously recorded concert

footage or recorded original content.

The program received outstanding participation and curated over 75 individual videos. Videos included the Harlem Globetrotters teaching kids an exercise routine and ball skills and the Washington Redskins cheerleaders teaching both kid-friendly and adult dance classes. Multiple musicians demonstrated how to perform magic tricks and artists who previously performed with MWR Navy Entertainment shared music videos. Genres include country, hip-hop, reggae, pop and Americana. In addition, celebrity chefs shared recipes and demonstrated how to make some of their famous foods including salsa and dumplings. The cheesesteak king, Tony Luke, shared his best Philly cheesesteak recipe. Stephen Lang, actor from "Avatar," read poetry he wrote from his home.

MWR Navy Entertainment also participated in the "We Stand Together" promotion anchored by NEXCOM. The promotion featured Navy Entertainment artists and showcased original content during daily scheduled posts.

"We were able to reach some new emerging artists for this promotion," Fritz said. "Live cooking demos from our Messlord celebrity-cooking team was a highlight of this promotion."

What's Next

Memorial Day is around the corner!



This is a time to celebrate the arrival of summer, connect with family and friends from around the world and, most importantly, honor those who have sacrificed in service to our country.

This year, MWR Navy Entertainment and NEXCOM are marking the occasion with waves of music, entertainment, and the spirit of community. MWR Navy Entertainment and NEXCOM will launch a #RememberThisMoment virtual event and campaign May 21-25. This event will feature artist premieres in six different time zones. Keep an eye on Navy FFR and NEXCOM social media sites for the Messlords BBQ live events and more celebrity music!

MWR Navy Entertainment provides top-quality live entertainment for Sailors stationed overseas and on deployed ships at sea, and assists patrons in the continental U.S. locations with talent referral and production of shows.

For more information on Navy MWR, visit www.navymwr.org or the Fleet and Family Readiness Facebook page at www.facebook.com/NavyFFR

Get more information about the Navy from US Navy facebook or twitter.

COASTLINE STAFF

Commanding Officer
Capt. David S. Baird

Executive Officer
Cmdr. Justin Canfield

Command Master Chief
CMDMCM(SW/AW) Gary Rosenbaum

Public Affairs Officer
Lt. Lyndsi Gutierrez
lyndsi.gutierrez@eu.navy.mil
956-82-1680

Deputy Public Affairs Officer
MC1(AW) Benjamin Lewis
benjamin.lewis@eu.navy.mil
956-82-2813

Editor/Writer/Layout
Courtney Pollock
courtney.pollock@eu.navy.mil
956-82-1021

Production Specialist
MC2 Eduardo Otero Santos
eduardo.oterosantos@eu.navy.mil
956-82-1021

Community Relations Advisor
956-82-3786

Contact The Coastline Editorial Staff:
Telephone: 956-82-1021
Email: coastline@eu.navy.mil
Large-file email: rotacoastline@gmail.com
PSC 819 Box 1
FPO AE 09645-0001

To place an advertisement in the Coastline, please contact our publisher: Ramon Morant
coastlineventas@gmail.com
or 653-78-0296.

The editorial content of this publication is the responsibility of the NAVSTA Rota Public Affairs Office. Contents of the Coastline are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Navy. Publishing is through a private firm in no way connected with the U.S. Navy, or other DoD/military entities, under exclusive written contract with NAVSTA Rota. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Navy, other DoD/military entities, or the publisher of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchases, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

On The Front Cover



Cmdr. Javier Agraz, Internal Medicine Physician at U.S. Naval Hospital (USNH) Rota, Spain, and Expeditionary Medicine Director, poses for a photo in the USNH Rota courtyard, May 8, 2020. (Photo by MC1 Benjamin Lewis)

CORONAVIRUS DISEASE 2019

COVID-19

+34 - 609 - 270 - 405

NEW CALL-LINE NUMBER!

If you are concerned about possible flu and cold like symptoms you MUST call our COVID Call-Line number prior to arrival at the hospital.

If you feel sick do not come to work or school. Stay home and call your medical provider. If you are exhibiting possible flu and cold like symptoms, you MUST call first!

Life is an adventure, your adventure starts here !!!



Experts in custom-designed Morocco tours based on customer preferences. We are a independent tour company that is 100% local



www.excursionmerzouga.com
www.viajespormarruecos.com



Infoexcursionmerzouga@gmail.com



+212677767178

Counseling Resources

- Fleet and Family Support Center (FFSC):

Call duty phone 648-285-103 (0800-1700 M-F)

Walk-in appointments 0900-1400 Mon & Thurs.

Social distancing practices in place to protect the counselors and public.

Telephonic counseling available 1400-1800 M-F.

Duty Phones will be manned during these hours:

On Base: 727-0991 or 727-0525.

Off Base: 682-846-735.

- Chaplains

Call for an appointment

On Base: 727-2161/2915

Off Base: +34-956-82-2161/2915

Duty Phone: +34 639-101-864

Or email harvey.natac@eu.navy.mil for more information

- SAPR:

SARC Duty Phone: 679-480-545

SAPR UVA 24/7 Duty Phone: 646-407-871

Safe Helpline: 001-202-540-5962

Military One Source, Counseling On-Line Chat:

<https://livechat.militaryonesourceconnect.org/chat>

- Veterans Crisis Line:

800-273-TALK (8255) or <https://veteranscrisisline.net>.

Text 838255

- Spain Military One Source:

Telefonica Sprint: 900-99-0013

Any: 00-800-3429-6477

Collect: 001-703-253-7599



NAVSTA Rota Ombudsman Contact List



NAVY FAMILY OMBUDSMAN PROGRAM



The **Navy Family Ombudsman Program** is designed to provide better and faster communication between Navy families and Navy leadership. Navy commands and all deploying units, including the reserves have an Ombudsman, typically a spouse of one of the command's active duty members. **Ombudsmen** are official, appointed, liaisons between commanding officers and families. They can expedite communication between the command and families. In addition, Ombudsmen provide information on services, upcoming events, and/or help in crisis situations. **Air Force Key Spouses & Family Readiness Assistants** are similar to Ombudsmen, support service members, their families, and command leadership. Contact your command's representative to be added to their distribution list.

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	Yaniris Perez	640-449-840	ombudsmannmrcrota@gmail.com
NAVSTA Rota	Elvia Rodriguez Jamie Meehan	620-142-231	navalstationrota.ombudsman@gmail.com
CTF 68 CTF 65/ DESRON 60	Amy Lee Anita Abeyta	630-83-5893 690-384-137	ctf68ombudsman@gmail.com 6065ombudsman@gmail.com
EODMU8 EOD DET	Jenna Fernandez Alexa Gorby	651-459-957 642-929-988	eodmu8omb@gmail.com
725 th AMS 521 st AMOG (Air Force Key Spouses)	Kenosha Bryant Christina Dowling	+1 (843) 940-4534 660 874 528	725thkeyspouse@gmail.com
NCTAMS	Kevin Key	638-291-948	nctamsrota.ombudsman@gmail.com
USN Hospital	Jasmine Mananquil Peter Kwak	639-654-889 681-227-042	hospombud@gmail.com
NAVSUP FLT LOG	Maricela Hurtado	608-154-959	Rota.NavSupOmbudsman@gmail.com
USS Carney	Jessica Appelberg	1-904-477-6253	usscarney64omb@gmail.com
USS Roosevelt	Kelly Morrow	642-474-394	ddg80ombudsman@gmail.com
USS Donald Cook	Maria Taylor	608-122-859	cookombudsman75@yahoo.com
USS Ross	Sarah Irvin Catherine Coreson	628 51 0582 628 15 8540	rossombudsman@gmail.com
USS Porter	Kristina Williams Kelli Akioka-Smith	636-658-769 or 636-318-297	ddg78.ombudsman@gmail.com
NEPMU-7	Rebecca Prasad	642-730-148	nepmu7ombudsman@gmail.com
FDRMC	Tawni Ramirez		Fdrmcrota.ombudsman@yahoo.com

Aburi

SUSHI

CLOSED DURING THE STATE OF EMERGENCY

DELIVERY

TO ROTA AND ROTA GATE

TAKEAWAY

AV. MARIA AUXILIADORA, 30 - ROTA

- 856 00 36 48 -



TUESDAY, WEDNESDAY, THURSDAY 18 - 23H
FRIDAY 18 - 00H SATURDAY 14 - 00H
SUNDAY 14 - 23H MONDAY CLOSED

**SPECIALIZED IN
BEEF MEAT AND
FISH GRILLED**



PREMIUM

BURGERS



HOME DELIVERY: WWW.PIZZERIAELPEREJIL.ES

**VERA PIZZA
NAPOLETANA**

Los Napolitanos®
TRATTORIA - PIZZERIA - ARTIGIANALE

**CUCINA
ITALIANA**

Tel. 856 247 536

La Costilla - Plaza de Jesús Nazareno - Rota

Rota Girl Scout Volunteers Receive High-Level Recognition Awards

By **Marlieke Eaton**
Rota Girl Scouts

The Girl Scouts of Rota, Spain, is a completely volunteer-driven organization. It takes numerous volunteers to ensure that the nearly 70 Girl Scouts here in Rota have a fun and educational experience. Having regular troop meetings, organizing fun outings, going camping for a weekend, and so much more – these events take a lot of volunteer effort. The USA Girl Scouts Overseas and the Rota Girl Scouts recently recognized four local volunteers who continue to dedicate a tremendous amount of time and effort to ensure Rota Girl Scouts have a great scouting experience.

Andrea Zabel

Andrea Zabel has been recognized for being a key volunteer who wears many hats. From camp director, troop leader, treasurer, special event organizer, co-

chair, and much more – Zabel knows how to multi-task and make things happen. Under her leadership, Rota Girl Scouts has risen to new heights. Her continued dedication and commitment inspires volunteers and young Girl Scouts alike. Zabel has received the highly esteemed Honor Pin in recognition of all her hard work.

Christie Colton

Christie Colton has been a Girl Scout volunteer for more than 10 years. Throughout her time in Rota, Colton – a mother of two Girl Scouts - has helped the Girl Scout cookie program by coordinating sales for her daughter’s troop, guided her oldest daughter’s Senior Girl Scout experience, introduced the P.R.A.Y. program to the Rota Girl Scouts, and much more. In recognition of her hard work, Colton received the Girl Scout Overseas Appreciation Pin.

Maricela Sierra

Maricela Sierra initially became involved with the Rota Girl Scouts when her daughter’s troop of first graders needed help. Since then, she has become a dedicated volunteer who is always available to help wherever needed. From planning troop meetings, teaching Girl Scouts about financial literacy, and helping out at special events, Sierra has made a positive impact on Rota Girl Scouts and earned the Girl Scout Overseas Appreciation pin.

Kimberly Standley-Liang

Kimberly Standley-Liang is a relatively new volunteer with Rota Girl Scouts, and that hasn’t prevented her from jumping in with both feet. Her continued efforts have been vital to the success of arts, outdoors, and first aid programs. In addition, as a camp volunteer, she has been a tireless volunteer helping wherever needed, from serving food to hungry Scouts and

volunteers, to guiding girls to various activities. Standley-Liang has quickly become a reliable and unmissable volunteer who is currently helping plan the upcoming Rota Girl Scout Space Camp. She has earned the Girl Scout Overseas Appreciation pin.

Rota Girl Scouts is always looking for more volunteers. To be a Girl Scout volunteer means to be a change-maker. Through giving supportive pep talks that inspire girls to aim for the stars, engaging them in activities that ignite their passions, or simply turning frowns into smiles, your mentorship and support can help girls grow into women who advocate for positive change in the world. With the guidance and support of volunteers, Girl Scouts can go as far as their imaginations will take them—and you can be there, right by their side. Contact Rota Girl Scouts at rotagirlscouts@usagso.org to find out how you can make a difference.



Andrea Zabel



Christie Colton



Maricela Sierra



Kimberly Standley-Liang

Navy Marine Corps
Relief Society (NMCRS)

NMCRS Office Business Hours

Monday-Friday: 8 a.m. – 4 p.m.
OFFICE CURRENTLY OPERATING BY APPOINTMENT ONLY
Duty Phone: +34-660-984-511
VPN Cell: 18-727-0800
Toll Free: 1-877-272-7337
www.nmcrs.org
Facebook: www.facebook.com/rota.nmcrs

As a non-profit organization, NMCRS relies on the Department of the Navy’s Active Duty Fund Drive and the Secretary of the Navy’s Direct Mail Campaign to retirees. As the main source of funds, this is truly the Navy and Marine Corps members taking care of their own. When you are asked to donate, consider this: If EVERY Sailor and Marine donated just \$10 per month, the Society would have \$60 million to respond to the needs of our military members and their families worldwide!



menacar

FULL AUTOMOTIVE REPAIR

Body Shop Paint Mechanics

We Speak English

956 547 568 - 956 547 865
www.menacar.es info@menacar.es

Doctor Pariente, 4
Pol. Ind. Las Salinas de Levante
El Puerto de Santa María

36°36'48.1"N 6°12'04.9"W

THE RAMON GATICA FAMILY

Venta LA RUFANA

Enjoy Home cooking!
Specialty of the house:
Urta a la Roteña, Merluza and
Garlic Chicken, Outdoor patio.
We cater to Banquets and Parties

13:00 - 17:00
20:00 - 24:00
CLOSED THURSDAYS

Puerto - Rota • Ctra. de Fuentebravía • Tlf.: 956 85 66 16 • El Puerto de Santa María

Sorry
No Credit Cards!



Atlantic Cars

BMW / MINI MILITARY SALES

WE ARE STILL AVAILABLE TO HELP YOU WITH INFORMATION ON SALES, SERVICE AND PARTS VIA FACEBOOK AND OUR WEBSITE

BMW 430i Gran Coupe



SAVE \$ 16,965

MINI COOPER S 4 DOORS



SAVE \$ 8,550

X1 xDrive28i



SAVE \$ 9,050

530i xDrive



SAVE \$ 14,690

THE 6 MONTHS RULE DOES NOT APPLY TO BMW MILITARY SALES IN ROTA.

YOU CAN BUY YOUR NEW US SPECIFICATION BMW/MINI WHEN YOU ARRIVE OR AT ANY TIME DURING YOUR TENURE HERE. ONE MONTH, SIX MONTHS, ONE YEAR, TWO YEARS. WHENEVER YOU CHOOSE.

YOU DO HAVE TO ALLOW AN ENOUGH TIME TO REGISTER IT BEFORE YOU SHIP IT WHEN YOU PCS (WE WILL SHIP IT BACK VIA THE BMW/MINI HOME SHIPPING PROGRAM) IT DOESN'T MATTER IF YOU BROUGHT YOUR US SPEC VEHICLE WITH YOU WHEN YOU PCS'D TO ROTA. YOU CAN STILL BUY A NEW US SPEC BMW/MINI TAX FREE (A MARRIED COUPLE ARE ALLOWED TO BUY TWO BMW/MINI)

TERRY HAVERTY
terry.haverty@atlanticcar.es
 Office 956 180 084
 Cell 648 001 607

JOSE DUARTE
 Cell 655 876 851
www.atlanticcar.es
www.facebook.com/BMW.AtlanticCars/

The favorable offer by BMW Military Sales is exclusively for US service personnel overseas.

Visit your local Military Sales agent for more details:

Plaza del Triunfo 6, 11520 Rota
 1 minute from NAVSTA main gate

Mastering the Arctic - USS Donald Cook Applies Lessons for Second Trip to the Arctic

By Lt. j.g. Sarah Claudy and Lt. j.g. Teresa Meadows

The Arleigh Burke-class guided-missile Aegis destroyer USS Donald Cook (DDG 75) recently concluded operations in the Barents Sea as part of a second mission above the Arctic Circle, May 11, 2020.

Donald Cook operated above the Arctic Circle as part of a Surface Action Group (SAG) with fellow Forward-Deployed Naval Forces-Europe (FDFN-E) ships USS Porter (DDG 78) and USS Roosevelt (DDG 80). NATO partner Royal Navy frigate HMS Kent (F 78) also participated in the operation, while USNS Supply (T-AOE 6) provided logistics support.

This was Donald Cook's second visit to the Arctic in less than a year. In October 2019, the crew operated in the High North for the first time, followed a historic port visit to the Faroe Islands. The 2019 Arctic trip prepared the crew for its recent operations in the Barents Sea.

After the ship's first visit to the Arctic, Cmdr. Kelley Jones, commanding officer of Donald Cook, spoke with Admiral James G. Foggo III, commander, U.S. Naval Forces Europe and Africa, during a podcast interview.

"What distinguishes [U.S.] 6th Fleet from other areas of the world is that it's a relatively small geographical space, where we encounter diverse operations, operational environments, and regional actors," said Jones.

In the podcast, she referred to experiences working with Black Sea partners and being shadowed by Russian

forces. While 6th Fleet operations can certainly still be described as diverse, it seems that High North ventures are quickly becoming part of the Fleet's routine.

As Destroyer Squadron (DESRON) 60's veteran Blue Nose, or a ship that has crossed north of the Arctic Circle, Donald Cook had several lessons learned for first-time Blue Noses Porter and Roosevelt. The first, and most obvious, was to dress for the weather. Temperatures in the Arctic are much colder than crewmembers are used to, especially compared to the weather in their homeport of Rota, Spain. The average air temperature for the Arctic operations was 38 degrees Fahrenheit, while water temperature remained near 35 degrees. To protect from the cold and snow, most lookouts opted to wear full-body insulated jumpsuits, called "pumpkin suits" due to their bright orange color.

Donald Cook's team also improved upon off-ship communications capabilities. At such high latitudes, satellite coverage presents many challenges in the communications arena, as Donald Cook experienced during her first Arctic visit. A major difference between the destroyer's first and second visits, however, was the necessity to establish communications between the SAG vessels. The ships of DESRON 60 primarily conduct independent operations, so establishing reliable circuits between the units comprising the SAG provided great training and demonstrated how effective ships can be as a group. It was one of the many ways Donald Cook

benefitted from the multi-ship training experience.

Even with Donald Cook's previous experience in the High North, ship life above the 66th parallel still comes with new and sometimes bizarre experiences. In contrast to the early sunsets and late sunrises during Donald Cook's Arctic visit in October, sunsets and sunrises this May were almost non-existent. A quartermaster remarked that there were no sunset or sunrise times indicated in the astronomical data software used onboard for navigation.

The crew had mixed reactions to the virtually constant daylight, with some watchstanders enjoying the extra hours and others missing their usual sunsets.

"It completely confused me to have bright daylight during the midnight to 3 a.m. watch," said Boatswain's Mate Seaman Onyx Maldonado. "It helped me stay awake, though!"

After the SAG operations, but before leaving the Arctic Circle, Donald Cook held a traditional Blue Nose ceremony to induct crewmembers who were not aboard during the last Arctic visit. Sailors who had never before sailed into the Arctic completed a series of challenges that ended with "Aurora, Queen of Snows," played by Jones, painting their noses blue



Photo by Royal Navy photographer Dan Rosenbaum
The Type-23 Duke-class frigate HMS Kent (F78), the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80), the Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78), the Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75), and USNS Supply (T-AOE-6) conduct a photo exercise (PHOTOEX) while conducting joint operations to ensure maritime security in the Arctic Ocean, May 5, 2020.

and deeming them official Blue Noses.

During his podcast conversation with Jones, Foggo related his own experience with the Blue Nose ceremony.

"Your story about Blue Nose and the Arctic Circle north of 66, it's compelling because I did that on my first boat," said Foggo. "I still have the certificate framed on the wall of my study."

The SAG's presence in the Barents Sea was a tangible reinforcement of the United States' commitment to regional security and stability. U.K. involvement also made the operation a demonstration of NATO interoperability and mutual growing interest in the High North region.



HANS SOTELO
PSYCHOLOGIST

Nº Col: AN08935

Individual Psychotherapy
Family Therapy
Marriage Counseling

+34 625180227
hspsicoterapia@gmail.com
www.hansotelo.com
@HansSoteloKonnertz



BETHEL
BAPTIST CHURCH

**SERVING OUR COMMUNITY
FOR OVER 45 YEARS**

WE ARE DEDICATED TO **LOVING, PRAYING** FOR,
AND **SERVING** YOU AND YOUR FAMILY

TEN MINUTES FROM ROTA GATE
36°38'40.4"N - 6°23'30.6"W

SUNDAYS AT 10:00AM & 11:00AM
THURSDAYS AT 6:00PM

CALL: 670.296.661
BETHELBAPTISTROTA.COM



Talleres
EUROPA
ROTACAR S.L.

**ONLY SHOP IN EUROPE PROVIDING
CERTIFIED AND COMPLIANT PAINTING
OF U.S. ARMED FORCES LAND AND AIR VEHICLES**

CERTIFICATIONS REALIZED IN THE U.S. BY STAR4D UNIT:
✓ SPRAY TECHNIQUE ANALYSIS AND RESEARCH FOR DEFENSE MIL - DTL - 53022
✓ COATINGS TECHNICIAN CERTIFICATION MIL - DTL - 64159
✓ AEROSPACE TECHNICIAN CERTIFICATION MIL - DTL - 53039

**BODY - GLASS
PAINTING
ELECTRICAL &
MECHANICAL WORK**

WE ALSO FIX PRIVATE VEHICLES

CARC PAINT **SPECIALISTS IN MILITARY
VEHICLE PAINTING**

+34 956 813 782 / +34 606 116 350
Email: tallereseuropa@hotmail.com
Address: Polígono Industrial
c/ Madrigal de las Altas Torres 3

Pantalán Home

pantalan-h.com  856 305 603

Delivery service at
El Puerto de Santa María, 'El Puerto' gate & Fuentebravía gate

Everyday from 1200 to 2230



FREE DELIVERY

MINIMUM ORDER: 20€

Download now the
Pantalán Home App
for iOS & Android
and you'll get great
deals ...



Always Fresh, Tender & Juicy

BEST FRIED CHICKEN IN EL PUERTO DE SANTA MARÍA
IF THE COLONEL HAD OUR RECIPE, HE'D BE A GENERAL

PUBLISHER'S CORNER

HOTEL PLAYA DE LA LUZ / HOTEL DUQUE DE NAJERA

Although the Playa de la Luz and Duque de Nájera hotels have been closed since last March 22 in accordance with the government decree, that has not meant inactivity for them. They have continued to serve all customers who had reservations in their establishments to try to relocate them on other dates, they have been in contact with those who had an event planned to look for alternative dates, they have improved their facilities and completed maintenance work and they implement the procedures to be followed in order to comply with the protocols that the Quality Institute has prepared for Hotels and Restaurants in order to safeguard the health of their clients and employees. Among the measures adopted are the following:

- Placement of sanitizing gel dispensers and tissue paper in all common areas of the hotel.
- Repetitive and exhaustive cleaning of areas of continuous use, common areas, bathrooms, knobs, keypads, and railings.
- Limitation of capacity in the different spaces to maintain the safety distance.
- Use of personal protective equipment by all personnel.
- Use of approved cleaning and disinfection products.
- Ventilation of all areas.
- Thorough cleaning of rooms: walls, floors, ceilings, mirrors, windows, furniture, equipment and decorative elements.

- Choice of the most comfortable breakfast and dinner shift times.

They will be opening soon, both the hotels and the restaurants, they will keep everyone informed via Social Media – Facebook and Instagram and the websites www.hotelplayadelaluz.com and www.hotelduquedenajera.com. For anything you may need from them, please see their contact details in the ad in the paper.

The management and staff of the Hotel Play de La Luz and the Hotel Duque de Najera have asked to communicate their desire to give their most sincere thanks to the people who have chosen them to host relatives, friends and acquaintances, have chosen to eat at their excellent restaurants La Gaviota and El Embarcadero or to have celebrated an event of a personal or work nature. They hope and trust that they can continue to be part of your best memories.



MASCOTAS
ÁVILA
Animales felices :D

mascofasavila.com



We are open

Monday to Saturday 10h-14h

Rota C/ Velazquez 2 956 841 935

#Prettypets

Pet grooming service
Schedule an appointment

#Nomorewaiting

Order by WhatsApp (672028155) and pick up
your selected products at the store

#Makeanappointment

If your pet needs a vet,
make an appointment

Clínicas
Veterinarias
ÁVILA

Appointments:
956 841 935



#Stayathome

Buy online www.mascofasavila.com
And receive your order at home*.

*Home delivery not available inside the Base.

Navy Selection Boards Set to Restart July 1

From Navy Personnel Command Public Affairs

Selection, advancement and continuation boards are all set to restart July 1st, ensuring that Sailors across the fleet are in no way disadvantaged by the Novel Coronavirus (COVID-19) delays to the original board dates.

"Our overriding commitment is that no Sailor will be disadvantaged by the delay in boards," said Rear Adm. Jeff Hughes, commander, Navy Personnel Command. "Although the boards were postponed, those who are selected for promotion can expect to be assigned the original date of rank and receive any back pay and allowances they're warranted."

Boards were originally postponed on March 18th to ensure the safety of all board participants. Since then, numerous risk mitigation precautions have been included in a comprehensive restart plan to minimize health risk during the board process. Navy also continues to expand the number of administrative selection boards conducted via virtual means.

"As in our decision to postpone the boards and now in our plans for restart, we carefully assess the COVID-19 risk and will take the necessary precautions going forward to ensure the health and safety of all participants so we can accomplish the selection board mission," said Hughes.

Sailors' Official Military Personnel Files will be reviewed as of the original board convening date and their eligibility will

remain the same.

Deadlines for letters to the board remain the same as originally set, except for the Reserve E-7 Board, which now has a deadline of May 18, 2020 to compensate for delays in their eligibility determination. The remaining deadlines remain the same to maintain a fair and impartial balance across the fleet, but Sailors are encouraged to submit a letter if they feel their eligibility is unclear.

The restart plan will enable enlisted advancement board results to be approved and announced within 30 days of a board adjourning. Officer promotion boards require additional reviews and results are expected to be approved and announced 100 days after a board adjourns.

Board members and recorders are still needed, and those who meet the eligibility requirements are urged to submit applications as soon as possible.

For more information, read NAVADMIN 144/20 at www.npc.navy.mil.

The latest DoD policies can be found at: <https://www.defense.gov/explore/spotlight/coronavirus>.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>.

Get more information about the Navy from US Navy facebook or twitter.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH



**HONORING THE PAST,
SECURING THE FUTURE!**

DEPHI'S WORLD WAR II SERIES



• COMPLEMENTARY CONTINENTAL BREAKFAST
• WEEKLY MANAGER RECEPTION
• OPEN 24 HOURS

• FULLY EQUIPPED KITCHEN
• FREE WIFI
• PET FRIENDLY

For Reservatation Phone: (34) 956 822 643
E-mail: navylodge.rota@nexweb.org
Visit us at navy-lodge.com
Blog: navylodge-rotaspain.blogspot.com

Navy Region EURAFCENT Welcomes New Commander

From Commander.Navy Region Europe, Africa, Central Public Affairs

Rear Adm. Scott Gray relieved Rear Adm. Yancy Lindsey as commander of Navy Region Europe, Africa, Central (EURAFCENT) in a change-of-command ceremony May 8 at Naval Support Activity (NSA) Naples.

Due to COVID-19 concerns, the traditional ceremony was replaced with a downsized event at the Capodichino base chapel.

Lindsey, who had served as region commander since April 2019, expressed his gratitude to the Sailors and civilians assigned throughout Navy Region EURAFCENT and its installations for their efforts during his tenure.

"They are definitely America's finest, and the longer I serve, the more I appreciate what they do for our Navy and for the shared interests of our partner nations," Lindsey said. "I'm extremely proud of them and how well they've supported the fleet and our installation

tenants."

During Lindsey's command tour, Navy Region EURAFCENT expanded the operational support provided by its installations to U.S. forces in the European, African and Central Command areas of responsibility. Navy Region EURAFCENT also set new standards for shore installation management and improved overall operational readiness throughout the region.

Adm. James G. Foggo, commander of U.S. Naval Forces Europe-Africa, highlighted Navy Region EURAFCENT's contributions to Navy and joint readiness under Lindsey.

"Admiral Lindsey and his team have worked hard to ensure our forces would always be ready 24/7, 365 days a year, regardless of the circumstances," Foggo said. "Our installations provide combat capabilities by providing the infrastructure, water, fuel, electricity, services and support necessary to the fleet and to deter and defend our adversaries. The challenges were often daunting -- and

that was even before COVID-19. But the team here has performed expertly under Yancy's leadership."

Foggo presented Lindsey with the Legion of Merit for his service as region commander.

"Navy Region EURAFCENT, the medal I received earlier represents your hard work, discipline, and the dedication you give to your job day in and day out," Lindsey said. "What you do makes a difference, and for that I am grateful."

Gray comes to Navy Region EURAFCENT from Silverdale, Wash., where he served as Commander, Navy Region Northwest from June 2018 to March 2020. A native of Virginia Beach, Va., Gray was previously stationed in Italy as the commanding officer of NSA Naples. He was commissioned in June 1989 through Aviation Officer Candidate School and was designated as a Naval Flight Officer in June 1990.

"It's my absolute privilege to be back here in Naples. It's a place and a region where I think we can truly make a

difference for sure," Gray said. "This team and the shore does hard work every day and they deliver results, so I'm certainly proud to be a part of that, and I look forward to working with you."

"As we consider our challenges, I ask our Region team not to think about our limitations, but instead look to the possibilities for our Region and our Navy as we assume new missions and reimagine new and more effective ways to deliver readiness and support them. Our mission is clear, and we will endeavor to build upon the service of those who have preceded us and to strive to set the conditions for our continued and future success."

Navy Region EURAFCENT oversees nine installations in seven countries across three continents, enabling U.S., allied and partner nation forces to be where and when they are needed to ensure security and stability in Europe, Africa and Southwest Asia.

Meet Your New Commander: RADM Christopher Scott Gray

Rear Adm. Christopher "Scotty" Gray is a native of Virginia Beach, Virginia. He is a 1988 graduate of the University of South Florida with a Bachelor of Arts in International Relations. He briefly served as an investment banker before receiving his commission in June 1989 through the Aviation Officer Candidate Program. He was subsequently designated an E-2C Naval Flight Officer in June 1990.

At sea, Gray served in operational assignments with Carrier Airborne Early Warning Squadrons (VAW) 126, 125, and 113 and as flag aide to Commander, 2nd Fleet/Striking Fleet Atlantic. He served as commanding officer of Carrier Airborne Early Warning Squadron (VAW 124) before reporting as the operations officer aboard USS Dwight D. Eisenhower

(CVN 69) where he conducted back to back deployments to the Arabian Gulf in support of Operation Enduring Freedom. Gray has logged more than 500 carrier-arrested landings and 2,800 flight hours in tactical aircraft.

His shore duty assignments include a tour with the Royal Australian Air Force as part of the Personnel Exchange Program, E-2C/C-2A Aviation Training Systems Assistant Program Manager, military legislative assistant to the Chairman, House Appropriations Military Construction Subcommittee, legislative affairs officer to U.S. Central Command, plans director at Navy Warfare Development Command, commanding officer of Naval Support Activity Naples, Italy, chief of staff at Navy Region

Southeast, commanding officer, Naval Station Guantanamo Bay, Cuba, executive assistant to the Assistant Secretary of the Navy for Energy, Installations and Environment, and chief of staff for Navy Installations Command. Gray served as Commander, Navy Region Northwest from June 2018 to March 2020. He assumed command of Navy Region Europe, Africa, Central on May 8, 2020.

Gray's personal awards include the Legion of Merit (four awards), Defense Meritorious Service Medal, Meritorious Service Medal (three awards), Air Medal with Combat "V", Strike Flight Air Medal, Navy and Marine Corps Commendation Medal (three awards) and Navy and Marine Corps Achievement Medal (six awards).



Rear Adm. Christopher Scott Gray
Commander, Navy Region Europe, Africa, Central (EURAFCENT)

NEW CHURCH IN TOWN

Victory
BAPTIST CHURCH

Location: Calle Del Mar Cantabrico 4, Utrera-Sevilla
Website: militarymissionsoverseas.com
Cell: 622 395 432

ALL ENGLISH SPEAKING

Sunday Worship @ 11:00 • Wednesday Bible Message @ 18:30

HIGHER PRAISE CHRISTIAN FELLOWSHIP

Reverend Ronald Brown, Pastor
Evangelist Clarice Brown

Church: 956-81-4783
Pastor Cell: 620-39-7873
Evangelist Cell: 608-85-4130
Home: 956-82-6126
HPCFRS@GMAIL.COM

Sunday School 9:30 A.M.
Sunday Worship Service 11:00 A.M.
Wednesday Night Bible Study 6:00 P.M.

"FOR WE WALK BY FAITH, NOT BY SIGHT."
II CORINTHIANS 5:7

<http://www.facebook.com/pages/Higher-Praise-Christian-Fellowship-Rota-Spain>
Address: Calle Orfebres, 1, Polígono Industrial Villa de Rota 11520, Cádiz

CHAPLINES



**Rota Chaplain
Lt. Cmdr. Nathan Rice**

Hola Team Rota. Spring is in the air and I am enjoying my first Spanish springtime here in Rota. The only things missing is being able to travel and explore the beautiful towns of southern Spain. The COVID-19 pandemic has impacted us all by changing how we live our daily lives and limiting the amount of contact that we have with people. It has also changed how we do our job, not the job itself but the delivery of our job. For example, before COVID-19 chapel services were being held at the Chapel. Since the COVID-19

Learn to Enjoy the Slow Moments of a Sunset

outbreak, religious services for the chapel have been delivered online and the chaplains in Rota have been posting daily video messages of encouragement and hope in the midst of the COVID-19 crisis called Thoughts of the Day. This experience has impacted me by not being able to travel and freely meet with people. I have also had more time to think and do some evaluation of my own goals and things that I value in life.

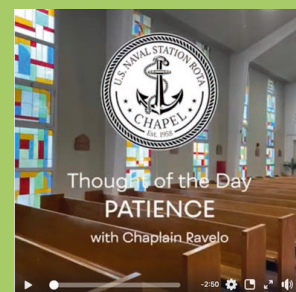
When I was stationed on a ship, one of my favorite things to do, when I was able, was to watch the sun setting on the horizon. It was a slow process of looking out on the horizon and seeing the sun slowly dip lower and lower until the light was no more. I remember one time a Sailor asked me why I enjoyed watching the sunset. I told the young Sailor that I enjoyed it because it reminded me of how we should enjoy the slow moments of our life, especially when things around us are always busy. One of the hardest things for me is slowing down and enjoying the moment. I am a go, go, go kind of person and having to slow down and focus on a few things or tasks is really hard for me, but something that I have had to learn to do. Prior to moving to Rota, I lived in Virginia, and there was always something that I could do. This usually involved going to Home Depot or Lowes and get

some wood or metal for home projects or working on the cars. There were plenty of things to keep me busy. If we are not careful, we can easily miss out on many experiences in life like slowing down and watching a sunset.

In the town that I grew up in, there is a small little diner that is on the outskirts of Houston. The hustle and bustle of the big city life is all around this little diner, but the diner has a unique feel to it. They don't serve food to go but their service is fast. The waiters and waitresses have an attitude of "take your time." I could get lost in conversation and lose track of time because the atmosphere of the diner was a slow down and enjoy the moment kind of atmosphere. Enjoy those moments in your life when things slow down. Catch a sunset or watch the sunrise. Turn off the electronics and enjoy conversation with those you love or use those electronics to connect with your loved ones. Take time to relax and focus on a few tasks each

day, make one of your daily tasks about cleaning up an area of your life. Many of us are looking forward to getting back to normal or what the new normal will be. The downside of this is that it can cause us to forget the present and we can miss out on seeing the beauty of creation and glory of our Creator. Take time to enjoy life around you, even if it was not a life that you expected.

What are some goals that you have set for your life and how can you accomplish them? Are there areas of your life that you need to seek forgiveness from ones you have hurt or maybe forgive those that you hurt you? My prayer for you is that you will find peace and restoration in the midst of uncertainty and confusion and that you will be able to slow down and enjoy the moment or you will begin and accomplish a daily goal that you have set, striving for change in your life. Whatever you choose to do with this time, carry out your day with honor, courage, and commitment.



Naval Station Rota Chapel's Thought of the Day

Be sure to check out the Chapel's "Thought of the Day" on the Naval Station Rota Chapel and Naval Station Rota, Spain Facebook pages.

Beautiful Beachfront Apartment



Two story apartment in Rota with great views & great location: 5 min. walk to base, 10 min. to downtown Rota. Unfurnished: 3 nice size bedrooms with 3 large, professionally finished, built-in closets and lots of other storage as well. 2 1/2 baths; Master bath has massage jets; Designer kitchen, fully equipped. Laundry room with washer & dryer and lots of storage. Terrace, Porch & small private yard; community pool. Phone, high speed fiber internet, Heat & A/C, screens on windows, garage parking and storage room.

Rent 1,450€/Mo. negotiable.

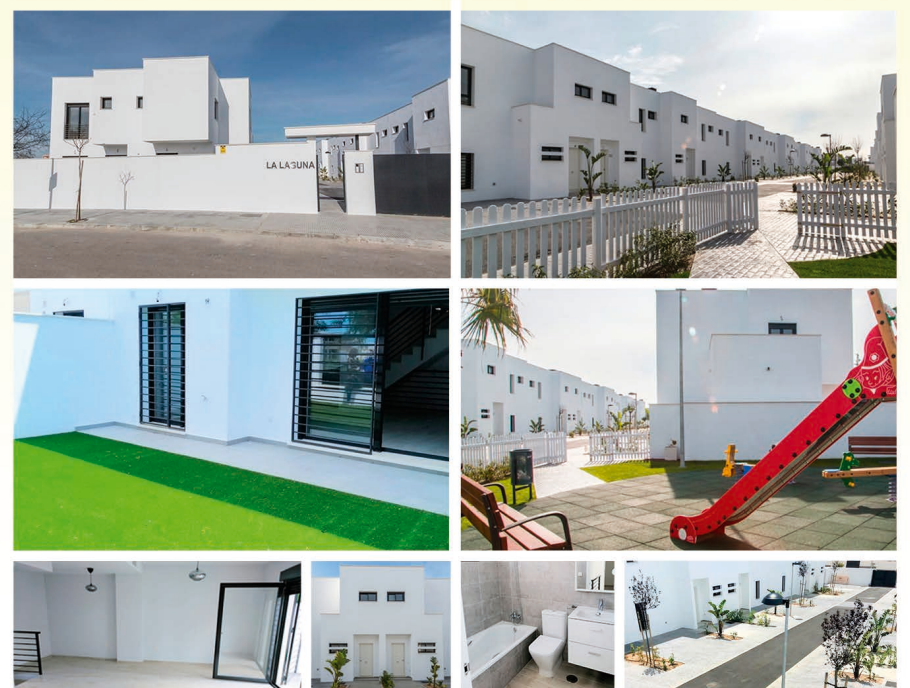
Community fees & gardener included. American owned.

Call 607 564 132

BRAND NEW HOUSE FOR RENT

RESIDENCIAL LA LAGUNA-ROTA

PRIVATE COMMUNITY IN ROTA
NEAR "LAGUNA DEL MORAL"



HOME 145 MTS / YARD 45 MTS / TWO STORY HOUSE
PLUS BASEMENT / 3 BEDS / 3 BATHS / LARGE YARD
PRIVATE PARKING SPACE / SOLAR PANELS / WATER
HEATER / CENTRALIZED A-C / SCREENED WINDOWS

616 579 264 URB. LA LAGUNA S/N ROTA

ROTA PARENT NETWORK

SOCIAL + PLAYDATES

Abigail Gross



Rota Spouse Creates Community for Parents

By Courtney Pollock
NAVSTA Rota Public Affairs

Throughout the Kingdom of Spain's State of Alarm, Naval Station (NAVSTA) Rota's community has found ways to support and engage with each other. Many times, the 'meeting point' has been within social media, video games, and video chats.

For many parents, this time has been particularly lonely with being stuck at home with your children, their schoolwork demands, and endless energy from being cooped up. Rota Parent Network, a Facebook group for parents in this area, has been the 'meeting point' for parents to share information on a variety of topics, provide inspiration, offer self-care tips, and engage in adult conversation.

Abigail Gross, a military spouse and mom of two, describes herself as a "serial inviter and usually found behind the scenes at the thrift shop" before the State of Alarm. She has been the administrator of the group for the past few years since she arrived in NAVSTA Rota with her spouse who is stationed on the Arleigh Burke-class guided-missile destroyer

USS Porter (DDG 78). She has cultivated this community from a defunct group to an active and supportive one with over 600 members.

"I love the magic that happens when we meet up finally and create these beautiful sudden villages that share whether coffee or story or a little cheer," said Gross. "We have done this in many ways, mostly in person, over the years. I am trying to recreate some of this online, I haven't figured out how but whatever I'm doing I feel like it's working."

According to Gross, her goal for Rota Parent Network, which had originally started as Rota Moms Social but was changed to be more inclusive to all parents here in Rota, is to provide a "community safety net."

The community safety net is for those that Gross feels are similar to her that possibly fall through the cracks. She wanted to make sure there was a space for them to feel supported and heard.

"I just really wanted a group that comes together, despite command or religion or school," said Gross. "I wanted something like a catch all. A wider audience, more people to invite!"

Gross was herself a "Navy brat" having lived in Japan, Guam and San Diego throughout her childhood. After a few years of college, she returned to a lifestyle that was familiar to her, the Navy. She completed boot camp and electronics introduction school at Great Lakes then headed to Point Loma for additional training within her rate as a Sonar Technician, Surface (STG). She went on to be stationed on USS Cowpens (CG 63) and USS John C Stennis (CVN 74) as well as U.S. Naval Hospital Yokosuka between the two ships before getting out to support her husband's naval career.

While in Bangor, Washington as an

active duty Sailor, Gross was placed on limited duty (LIMDU) due to being "diagnosed" as pregnant.

"I completely understand why it was written like that but it still rubbed me the wrong way," she explained. "I was also super ambivalent by my own pregnancy, mostly because I want to be happy that I'm finally expecting but I also felt shame that I was letting my shipmates down."

This frustration led her to begin attending a support group led by a local doula. Doulas are trained professionals who provide physical and emotional support to a mother throughout the pregnancy, birth and postpartum. This doula and group ultimately influenced Gross in her post-Navy career as a doula, facilitating parent and children focused groups, and supporting other moms.

Being on LIMDU with other expectant moms in Washington, Gross realized that there tended to be a lot of common questions and concerns. She believes she was fortunate that she was in Bremerton where there was a great support system for expectant and new mothers.

"Friendship and camaraderie with eating breakfast before muster then next thing I know, I was there for the labor and birth of my shipmates," said Gross. "Which surprisingly I became really good at."

This led Gross to dedicate her focus to helping growing families. Initially, she started leading a babywearing group. This led her to become a babywearing educator, get certified as a car seat technician, and host birth fairs. Gross enjoyed developing and hosting birth fairs which she describes as a "trade show with classes but everything is related to pregnancy and beyond."

Gross continued taking classes and began getting involved in national

movements related to perinatal mood disorders. Traditionally, perinatal is described as the period from conception to just after birth, but Gross personally feels it more encompassing and describes it as "conception until the mom gets the hang of being a mom."

Her vision and focus evolved as she met with more moms and saw the same questions being brought up.

"There are subjects that I consider hot items during babywearing meet ups [in Whidbey Island]," said Gross. "When I do car seat checks, the questions I get asked were often not about car seats. Who are catching these families?"

As Gross pondered the question, she also discussed it with a few birth professionals and they ultimately decided to create a non-profit organization, Island Birth Association.

"We were hosting almost weekly free classes for growing families, babywearing, car seat checks, learning about chiropractor benefits, discussing features of birth, and more," said Gross. "It was beautiful. I loved the community we were creating of lots of empowered and informed families."

When Gross moved to Rota, she found herself missing the babywearing and perinatal community so she decided to try to recreate it, but virtually. She explained, "In my head, I feel like I have plenty of experience and training to lead a group, just not a good avenue to use it."

She found the defunct group and began to grow it. The result has been an informed, empowered and supportive community of parents with the common bond of living in the Rota area. Gross posts information pieces and generates

See **GROSS** Page 13



Abigail Gross leads a talk during an event for Pregnancy and Infant Loss Remembrance Day, October 15, 2016.



Sailors from USS Cowpens (CG 63) pose for a photo after completing a community relations (COMREL) project while in Manila, the Philippines, 2009.



Abigail Gross and her two children, Emma and Charlie, pose for a photo while stationed at Whidbey Island, April 2018. Gross jokes that this is their "natural faces."



Gross and other Sailors sort mail during mail call aboard USS Cowpens (CG 63), 2009.

If It Is Given Me To Save A Life... One Doctor's Commitment to the Oath

By MC2 Eduardo Otero
NAVSTA Rota Public Affairs

"I swear by Apollo Physician, by Asclepius, by Hygieia, by Panacea, and by all the gods and goddesses, making them my witnesses, that I will carry out, according to my ability and judgment, this oath and this indenture."

This is the first line of the original Hippocratic Oath according to one translation from Greek. Usually attributed to the ancient Greek physician, Hippocrates (though the real author is still in question), the oath is believed to have been written around the 5th century B.C. It was a document physicians of the time swore upon, dictating their responsibilities as far as their profession was concerned. It informed their expected behavior, their duties in the practice of medicine and the ethical standards required while doing so. It also reinforced camaraderie among the professionals in the medical field and regarded the practice of their craft as an art as much as a science.

Back then, the oath was binding, with real consequences should it be broken. Today, it is more tradition than law. And although not a requirement in all medical schools, it is still recited by most medical graduates in one form or another with some modifications having been applied across different time periods. All versions however, retain the original core values and the promise to act in the best interest of whoever happens to become a patient.

More than 2,500 years after the original text was conceived, Cmdr. Javier Agraz, Internal Medicine Physician at U.S. Naval Hospital Rota, Spain, and Expeditionary Medicine Director, was presented with a test to live by this oath.

In the morning of May 2, 2020, Agraz was driving through Chipiona in the province of Cadiz, Spain. He was on his way home when he saw a number of Spanish police officers blocking the road.

"When I approached what I thought was a check-point, I realized that there was someone doing CPR on a person on

the side of the road," said Agraz.

CPR--standing for cardio-pulmonary resuscitation--was a sign that whatever was going on was serious.

"I speak fluent Spanish and immediately introduced myself as a physician from the American base and offered to assist if needed," said Agraz. "The police officers readily said that my assistance was appreciated."

This began Agraz's involvement in the fight for a person's life, a fight that he would be part of for more than an hour.

"The only PPE (personal protective equipment) that I had with me was a cloth mask but I was handed gloves by a police officer," said Agraz. "After I parked my car, I ran to the scene where the patient was laying on the ground."

The concern for PPE arose from the fact that the very same day this incident occurred was the first time adults had been allowed to perform physical activity outside their homes during the Coronavirus disease (COVID-19) global pandemic lockdown in Spain. The person lying on the ground, who appeared to be a cyclist in his late fifties, according to Agraz, could've potentially been sick and easily endangered Agraz and anyone else in contact with him.

"Another gentleman which was another local physician was already doing chest compressions," said Agraz. "I took over the role of protecting the airway."

Agraz was told that an ambulance was called and on its way. He asked if there was any other PPE, first aid kit or any way to get a defibrillator, and received a first aid kit from one of the police officers. From the kit, he was able to get an oropharyngeal airway--also known as a Guedel pattern airway--a medical device used to maintain or open a patient's airway. He performed the emergency procedure on the man. Agraz was also given a CPR mask.

"We continued to do several rounds of CPR until we were handed an external defibrillator by one of the paramedics that had arrived on scene," said Agraz. "Using

see myself doing other things. Having kids do change our perspectives."

Perspectives change over time based on experiences, challenges and life events. It can be assumed that one's perspectives on life will change throughout this State of Alarm and de-escalation in Spain, and continue for the coming years. Hopefully when looking back on this challenging time, one will be able to see the glimmers of hope, laughter, and joy. For many, it can quite possibly be the interactions and support received from Gross and through the Rota Parent Network Facebook group.



Photo by MC1 Benjamin Lewis

Cmdr. Javier Agraz, Internal Medicine Physician at U.S. Naval Hospital (USNH) Rota, Spain, and Expeditionary Medicine Director, poses for a photo in the USNH courtyard, May 8, 2020.

the defibrillator we realized that the cyclist had a shockable rhythm and the patient was shocked 3 times in the middle of performing rounds of CPR."

By this time, Agraz and his makeshift team had more assistance, including another physician, and a nurse among others.

The battle for the patient's life went on. An intravenous line was started, the man was intubated on scene, emergency cardiac medications were used and finally, after 40 minutes or so, the team got a pulse and appropriate blood pressure with proper oxygen saturation, according to Agraz.

"We decided that air transport was needed and hence we called for assistance from an air ambulance," said Agraz. "The helicopter arrived shortly after."

But the team of medical professionals who had banded together to save the patient's life on the side of the road would not be allowed to claim victory just yet.

"Unfortunately, the patient deteriorated soon after and we had to once again start CPR," said Agraz. "But we were able to stabilize him and get an appropriate heart rhythm and blood pressure safe for transfer."

After that last-minute scare, the team assisted with loading the patient onto the helicopter which was able to take the patient to a hospital intensive care unit in Jerez de la Frontera. All in all, the team worked on the patient for over an hour.

But why did Agraz even stop to help at all? He was on his way back home and the police were already there at the scene when he found out what was going on.

The world is facing a deadly pandemic even to the time of this writing. As of today, there have been almost 5 million confirmed cases worldwide. COVID-19 has taken the lives of more than 300,000 people. As mentioned before, the man on the side of the road could've been sick. Offering his assistance was a risk that Agraz had no need or logical reason to take. But according to him, the decision to help or not wasn't a matter of choice at all.

"People have asked me why I assisted and I have said time and time again that it was my duty as a physician and was a true

honor to have worked with my Spanish colleagues to assist our patient," said Agraz. "It was truly my job."

He was later informed that the patient tested negative for COVID-19.

Agraz said that his role here in Spain has offered him the privilege and honor to get to know the Spanish medical system and that he's truly grateful for it.

"Here in Spain, the Spaniards have taken care of our American active duty members, retirees, dependents and Department of Defense contractors," said Agraz. "And I believe that this was a very small way to show our host nation our gratitude for all of the support."

Agraz said he performed his duty as a physician. Probably everyone

else on the team that saved the cyclist's life would have said the same if asked. It seems to be a case of human empathy and a willingness of some people to put others before themselves. This can also be seen in the countless others--not only medical professionals--who continue to work

on the frontlines during this pandemic so others can stay safe at home.

And it may also come back to the Hippocratic oath.

"I have been a physician now for 15 years and I can tell with 100% certainty that the Hippocratic oath has played a role continuously since I had the honor to take it, May 5, 2005," said Agraz. "This belief was the reason why I handled the situation the way I did with our patient in Chipiona. During this pandemic, the Hippocratic oath continues to play center stage."

Thousands of years have gone by since the Hippocratic oath was first sworn upon by a physician, yet the tradition and devotion to the profession seems to have stood the test of time.

And Agraz and the many other medical professionals working every day for the life and health of their patients can be seen as living proof of the following excerpt of the physicians' timeless oath:

"If it is given me to save a life, all thanks. But it may also be within my power to take a life; this awesome responsibility must be faced with great humbleness and awareness of my own frailty."

GROSS

Continued from page 12

interaction posts as well as posts focused on mental health causes as she states "perinatal mental health is my jam."

Reflecting on everything, Gross herself is even shocked by the direction her career path has taken her.

"I still look back on that decision to this day and I was super sure that I would really love to be a contractor at Lockheed Martin or acoustic analyst," she said. "I loved being an STG so much that I didn't



Abigail Gross, lower left, with a fellow Sailors from USS John Stennis (CCV) during an exchange with the French frigate HMM Chevalier Paul, 2013.

USS Roosevelt Brings New Capabilities to U.S. 6th Fleet

From U.S. 6th Fleet Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) arrived at its new homeport, Naval Station Rota, Spain, after conducting a regional patrol in the U.S. 6th Fleet (C6F) area of operations, May 16, 2020.

Roosevelt, named after the 32nd President Franklin D. Roosevelt and his wife Eleanor, is replacing USS Carney (DDG 64) in the first of several scheduled homeport shifts to occur in support of the U.S. Navy's long-range plan to gradually rotate the four Rota-based destroyers.

"Roosevelt has already proven she is a great asset to 6th Fleet, enhancing the capabilities of our Forward Deployed Naval Forces-Europe Aegis destroyers in Rota, Spain," said Vice Adm. Lisa Franchetti, commander, U.S. 6th Fleet. "Her arrival, hosted by our long standing ally, Spain, enhances our combined commitment to a stable and secure Europe and further reinforces our ironclad commitment to our allies and partners."

The new addition brings top-of-the-line capabilities to C6F to include the most modern combat systems upgrade, the newly configured Aegis Baseline 9/ Ballistic Missile Defense (BMD) 5.1.

"Roosevelt and her crew add increased lethality with the Navy's most advanced sensors, weapons, and communication systems, to include our embarked MH-60R [helicopter] teams," said Cmdr. Matthew Molmer, commanding officer of Roosevelt. "Our ability to integrate with 6th Fleet, joint players in Europe,

and the nation's allies and partners adds capabilities that we are just beginning to leverage."

Roosevelt is outfitted with the most recent Advanced Capability Build, which integrates its weapons and sensors to include Cooperative Engagement Capability; Evolved Sea Sparrow Missile; Mk 15 Close-In Weapons System Block 1B; and the Mk 41 Vertical Launching System, capable of supporting Standard Missile (SM) 3 and newer variants. These capabilities vastly increase the sea-based BMD force structure and contribute to NATO's robust integrated air and missile defense (IAMD) architecture.

As the first Flight IIA Forward-Deployed Naval Forces-Europe (FDFN-E) destroyer to join C6F, Roosevelt is capable of deploying with two embarked MH-60R Sea Hawk helicopters.

"Having the MH-60R on board provides Roosevelt with an organic asset that enhances situational awareness in the areas of [Anti-Submarine Warfare] and [Surface Warfare]," said Lt. Cmdr. Benjamin T. Harris, Air Operations Officer of the embarked Helicopter Maritime Strike Squadron (HSM) 48 Det 7 'Mayport Mules.' "Additionally, the MH-60R provides the ship an [organic] asset capable of performing [Search and Rescue], logistics support, and a variety of other missions without having to rely on outside entities."

The destroyer arrived in C6F April 14, following her departure from her previous homeport of Mayport, Florida, March 21. Prior to transiting the Atlantic, Roosevelt



Photo by MC3 Class Katie Cox

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) returns to Naval Station Rota, Spain, after a scheduled underway, May 16, 2020. Roosevelt, named in honor of President Franklin D. Roosevelt and his wife Eleanor, is the first Flight IIA Arleigh Burke-class guided-missile destroyer stationed in Rota, providing the ability to deploy with two embarked Lamps MK III MH-60B Sea Hawk helicopters.

took a variety of coronavirus-related precautions to ensure the crew arrived in the European theater safe and healthy.

Roosevelt is seamlessly integrating into the U.S. 6th Fleet mission, as the ship and crew are already familiar with regional partners and allies. The ship recently completed Surface Action Group operations with USS Donald Cook (DDG 75), USS Porter (DDG 78), USNS Supply (T-AOE-6), and Royal Navy frigate HMS Kent (F78) above the Arctic Circle and in the Barents Sea. In 2019, Roosevelt

participated in exercise Formidable Shield, conducting an SM-3 engagement with a simulated ballistic missile target, while concurrently engaging 'Firejet' test targets with SM-2 missiles.

Last June, the ship also visited Cherbourg, France, to commemorate the 75th Anniversary of the D-Day landings in Normandy. The success of D-Day demonstrated the impact a strong unified alliance can have; Roosevelt is forward-deployed to reinforce that strong alliance, supporting maritime security and stability.



CHIRINGUITO LAS DUNAS





PAELLAS - COCKTAILS - FRESH FISH
LIVE MUSIC AND DJS - "RETINTO" MEATS

BOOKINGS - TLF: 693 271 147  

GPS: 36° 31' 29'' W - 6° 22' 35'' N

RIO GUADALQUIVIR ST - ROTA (CADIZ)

IN EL PUERTO DE SANTA MARÍA

3 MIN FROM THE FUENTE BRAVIA GATE!!!





Avenida de Fuentebravía 3. El Puerto de Santa María (36.603757, -6.266260)

TM Burger King Corporation © 2018 Burger King Europe GmbH. All rights reserved.



The best plan!



Tex-Mex Menu

from 4€



from 6:00 p.m.

Electronic roulettees

Poker tournaments

Wide variety of gaming

Latest news in gambling machines

Camino del Juncal, s/n
11500 El Puerto de Sta. María, Cádiz
Tlf: 956 87 10 42
www.casinobahiadecadizes

OPENING HOURS

Slot Machines room:
From 4:00 p.m. to 03:00 a.m.
From Thursday to Sunday and holiday
eves until 04:00 a.m.

Gaming room:
From 8:00 p.m. to 03:00 a.m.
From Thursday to Sunday and holiday
eves until 04:00 a.m.

ID Card, driver's license or passport required. Adults only (+18). The practice of games and bets can produce addiction.

USS Roosevelt Sailors Participate in Arctic Circle Ceremony

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

Arleigh Burke-class guided-missile Aegis destroyer USS Roosevelt (DDG 80) Sailors participated in a ceremony to become "Blue Nose" Sailors, May 3, 2020, days after the ship crossed into the Arctic Circle.

The "Order of the Blue Nose" is a Navy tradition which dictates that when Sailors cross into the Arctic Circle, they enter the realm of Boreas Rex, King of the North. The only way to be accepted into the order is to successfully complete his list of challenges.

Roosevelt Sailors worked to complete the various trials before requesting Boreas Rex, played by Roosevelt's Command Master Chief James Kuroski and CWO2 Matthew Hicks, deem them a "Blue Nose."

"Completing the Blue Nose ceremony was an exhilarating experience for the body and mind and soul," said Kuroski. "Operating above the Arctic Circle, where US Navy warships have not exercised in 30 years is an honor that is not lost on this crew."

10 crew members, who were formerly designated "Blue Noses" from previous Arctic operations were integral in planning and leading the ceremony for their shipmates.

"Being able to carry on the traditions of the Navy and pass those down to junior Sailors who will do the same throughout their careers, brings an overwhelming

sense of pride for myself and the team that organized the ceremony," said Chief Cryptologic Technician (Technical) Thomas A. Davis. "It was an inspiring time for me in my career to see such a small group of Sailors work together to plan and execute a ceremony that will be forever be remembered by over 300 Sailors."

The Blue Nose ceremony is one of several Navy traditions marking unique locations Sailors have been, and means a lot to the Sailors who participate and become part of the exclusive Orders.

"Being in the Navy for over 19 years now, I have had the great pleasure of going through two glorious ceremonies roughly 18 years apart," said Information Systems Technician First Class Russell T. Elliott. "The Shellback ceremony, though coveted in what goes on in that ceremony, has a small group of members as well as the Blue Nose. Now that I am both, I can say with great pride that I belong to two small groups in the Navy of brotherhood. [These ceremonies] brings the crew together as a family, and everyone now has a story to tell their children, grandchildren, even great grandchildren one day."

During the ceremony the crew completed tasks assigned by Boreas Rex and his subjects, and even included the ship in the ceremony as participants painted their name on the ship's bull nose.

"It was a really cool experience," said Gas Turbine Systems Technician (Electrical) Fireman Christian E. Griffith. "They had an obstacle course all set up,



Photo by MCSN Austin G. Collins

Gas Turbine Systems Technician (Mechanical) Fireman Joshua E. Ferdinand earns the title of Blue Nose during a Blue Nose initiation ceremony aboard the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80), May 3, 2020.

and at the end we were officially blue noses. We even got to sign the ship in blue paint."

"Team Roosevelt came together and met every challenge that Boreas Rex and his subjects presented with the competitive grace that speaks to the professionals that stand watch on these deck plates! We could not be more proud of each and every one of these outstanding Sailors," said Kuroski.

The ship's presence in the Arctic Circle reinforced the United States' commitment

to regional security and stability, as well as the Navy's ability to deploy to many different environments on short notice, and the value of having forward-deployed naval forces available to operate in the U.S. 6th Fleet area of operations.

Roosevelt is on patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners, and U.S. national security interests in Europe and Africa. Roosevelt will replace USS Carney (DDG 64) as one of four forward deployed naval forces (FDNF) in Spain.

S
U
S
H
I



DHOMA DHOWE
RESTAURANTE NATUR & SUSHI

takeaway

we have great offers and gifts for everyone.
#Stay at home

See our menu at
<https://dhomarestaurante.com/>
and create your order :)

inst&facebook: dhomarestaurante
telf: 603604008 - 856134231

IF YOU PREFER,
TELL US YOUR
ORDER THROUGH
WHATSAPP IN
ADVANCE AND WE
WILL PREPARE IT
FOR YOU AT THE
TIME YOU PREFER



EL Taberna
REMEDIO
RESTAURANT

FLAVOR CENTER
COOKING CLASS
HAIL AND FAREWELL
PARTIES

Open
Tuesday-Saturday 18:00-23:00
Closed Sunday & Monday

Cl. Mina 38, Rota
(Cádiz)

Bookings
685.42.26.75

CATERING
SPECIAL EVENTS

 Elremedio_rota



PARKING AVAILABLE

Mexican Food!



Cantina ZAPATA
MEXICAN FOOD

Open every day: 12:30 - 16:00; from 19:30
HOME DELIVERY in Puerto 956 854479 19:30-24:00
Blas Infante, 8 · Puerto de Santa María · 36°35'55.1"N 6°14'32.3"W





DUQUE de NAJERA

BECAUSE YOU HAVE ALWAYS BEEN
THE MOST IMPORTANT THING TO US



PLAYA DE LA LUZ

Following the protocols that the Spanish Quality Institute has issued for Hotels and Restaurants in order to safeguard the health of our clients and employees, these are some of the measures that we have joined to our procedures:

Sanitizing gel dispensers and tissue paper in all common areas of the hotel, Repetitive exhaustive cleaning of areas of continuous use, common areas, bathrooms, knobs, keypads and railings, Limitation of capacity in the different spaces to maintain the safety distance, Use of personal protective equipment by all personnel, Use of approved cleaning and disinfection products, Ventilation of all areas, Thorough cleaning of rooms: Walls, floors, ceilings, mirrors, windows, furniture, equipment and decorative elements, Possibility of choosing breakfast and dinner shift

We will be opening soon, we will keep you updated



NEPMU-7's Blackwell is Meritoriously Advanced to HM1

By HM1 Jeremy Warta
NEPMU-7 Public Affairs

Hospital Corpsman (HM) First Class DeCory Blackwell, assigned to Navy Environmental Preventive Medicine Unit Seven (NEPMU-7), was recently meritoriously advanced to HM1 by its parent command Navy and Marine Corps Public Health Center (NMCPHC), March 4, 2020. He was the sole selection to HM1 out of his parent command and seven subordinate commands.



Hospital Corpsman (HM) DeCory Blackwell, assigned to Navy Environmental Preventive Medicine Unit Seven (NEPMU-7) is meritoriously promoted to the HM1 during a ceremony in front of the NEPMU-7 building, March 4, 2020.

Blackwell, a native of Compton, California, joined the Navy, November 18, 2008.

After basic training, he attended Hospital Corpsman "A" school and Dental Technician "C" school at Great Lakes, IL. He worked as a dental technician at Bethesda and deployed in support of the Haiti earthquake response. Blackwell then went to Preventive Medicine Technician (PMT) "C" School at San Antonio, Texas. Before joining NEPMU-7, he spent his time as a PMT at Sasebo, Japan and deployed aboard the USS Boxer (LHD-4).

At NEPMU-7, Blackwell primarily supports the fleet in the Threat Assessment Department mitigating the effects of communicable diseases. He also ran command collaterals such as Drug and Alcohol Programs Advisor (DAPA), Command Resilience Team (CRT), and supply purchaser. During his time at NEPMU-7 Blackwell has deployed nine times throughout the European Command (EUCOM) and Africa Command (AFRICOM) areas of responsibilities.

Then HM2 Blackwell was asked to join several unit members for a meeting at a hotel in Rota.

"I found it weird that they invited me to a hotel," explained Blackwell. "Just weird. When I was going to the hotel, I thought it might be a promotion for LTJG Bulger."

In fact he was informed by the NMCPHC Commanding Officer via cellphone. When asked why he thinks



Courtesy photos

Hospital Corpsman (HM) DeCory Blackwell, assigned to Navy Environmental Preventive Medicine Unit Seven (NEPMU-7) is meritoriously promoted to HM1 during a ceremony in front of the NEPMU-7 building, March 4, 2020. Blackwell was the sole selection to HM1 from his parent command of Navy and Marine Corps Public Health Center (NMCPHC) and its seven subordinate commands.

he got meritoriously advanced, Blackwell said, "I guess it was due to the hard work and dedication I put into the command that was seen throughout the enterprise."

Blackwell went on to explain he now has more responsibility as well as more insight into the happenings in his command. His recommendations for others to promote were, "Continue to push forward hard work, don't look for recognition, and work hard because you want to not to just get the next rank."

Blackwell's peers at the unit agree

that he has always been a go-getter with a positive can-do attitude. Blackwell is a pivotal performer to his unit to execute its mission.

NEPMU-7 provides subject matter expertise, technical assistance, and mobile services in environmental health, entomology, industrial hygiene, preventive medicine, and other force health protection services to Sailors and Marines in the EUCOM, AFRICOM, and Central Command (CENTCOM) areas of responsibility.



**Tired of cooking?
Let us make
dinner tonight!**

Pizza Villa is **now** offering a
limited menu with
daily pick up in
front of the NEX main entrance.

For menu and pricing, visit our website at <https://www.navymwrrota.com/programs/b446dcc7-5ea9-4ea5-8dc4-182a5e0bc073>

How to Order:

- All orders MUST be made by calling 956-82-3212 or DSN 727-3212 from 3-8 p.m.*
- Orders MUST be placed at least one hour prior to pick up time.
- Pick up times are 5 p.m., 6 p.m., 7 p.m., 8 p.m. and 9 p.m.**

*Only credit card payments via phone will be accepted.

**All customers must wear a face mask and practice social distancing (6 ft.) while waiting to collect their order.



**DELIVERY
SERVICE**

(El Puerto de Santa María)

tel. **956 541 243** (ext.1)

13h - 24h

wednesday closed

www.pizzeriablancapaloma.com

Beth's Fitness Corner: Tabata - Is It a Fitness Method Worth Trying?

By Beth Winsper
Rota MWR Fitness

What is Tabata?

I know the internet is inundated with information on home workouts as we go through this pandemic. It seems everyone has become an expert on how to work out with minimum equipment, so I am sure if you are a Googler like me you have come across the word Tabata. I want to take a second to explain what exactly it is and how to do it correctly and effectively.

Tabata training is one of the most popular forms of high-intensity interval training, aka HIIT. It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval. It may take only four minutes to complete a Tabata circuit, but those four minutes can push your body to its absolute limit.

Tabata style training was developed after Japanese scientist Izumi Tabata, and his colleagues compared the results of moderate-intensity training and HIIT. They evaluated two groups of speed skaters. The first group trained at moderate intensity for one hour, five days per week, for six weeks. The second group completed four-minute, high-intensity workouts, four days per week, for six weeks—eight intervals of all-out training and then resting 10 seconds.

They concluded that the athletes who performed high-intensity training saw increases in both aerobic (with oxygen) and anaerobic (without oxygen) system capacities, while the moderate-intensity group did not improve in anaerobic performance. Thus the Tabata training style developed.

How to Use Tabata Method of Training

Technically, Tabata workouts should be done with a single movement. For example, if you choose a movement like front squats, or thrusters, or burpees, you do it at absolute maximum intensity for 20 seconds, take a 10-second rest, and then begin again. Part of

what makes Tabata so difficult is performing four minutes of the same movement at breathless intensity. If you're not absolutely toast after those four minutes, you didn't go hard enough. You can vary the exercises during a Tabata session or increase or decrease the amount of 20 second rounds using the same 20/10 work to rest ratio and get an insane total body workout.

Tabata burns a lot of calories and provides a killer full-body anaerobic and aerobic workout. It also improves athletic performance, improves glucose metabolism, and acts as an excellent catalyst for fat burning. The excess post-exercise oxygen consumption effect, or EPOC, is off the charts for Tabata training.

Excess post-exercise oxygen consumption (EPOC, informally called "afterburn") is a measurably increased rate of oxygen intake following strenuous activity. In recovery, oxygen (EPOC) is used in the processes that restore the body to a resting state and adapt it to the exercise just performed.

I advise doing it twice per week. You can do it more often if you're better trained, need quick results, or have recovered well from the previous workout. But given how high the intensity should be, it's definitely not an everyday workout style, and if it is, you aren't going hard enough.

Tabata Workouts

Here are some sample workouts I use, but there are plenty of premade circuits out there, or you can easily put together your own. Movements to incorporate include lunges, jump lunges, thrusters, cleans, hang cleans, burpees, mountain climbers, jump squats, and even your favorite...push-ups.

You can follow these workouts or do one movement for all eight rounds. Make certain that you work at your maximum power output.



Photo by MC1 Benjamin Lewis

Beth Winsper, Rota Morale, Welfare and Recreation (MWR) fitness coordinator, poses for a photo in the weight room of the base Fitness Center, May 4, 2020.

I like to use an app for my timer. If you can search in your phone for tabata applications, you will get tons of choices for timers. These are a great tool that beep at you with seconds left and help you stay on track with the 20/10 timing.

Have fun Rota Fit Fam!!



restaurant
AJEDREZ BEACH CLUB
casa al mar



Asian & Mediterranean Cuisine

From May 25th we will be open
for lunch and dinner on the terrace.
Home Delivery is also available.

✓ Private Parking

✓ Chill Out Bar - Terrace - Cocktails & Music

✓ Hammocks Over the Ocean

✓ Massages, Showers

Reservations: 956 23 50 71 - 626 126 960

Facebook/ajedrezbeach - @AjedrezBeach - www.ajedrezbeachclub.es

Calle Miramar, 1 - Playa tres piedras - Costa Ballena

GPS 36° 41'41.99N - 6°25'30.37W



JEJE'S AGENCY
Quality Rental Homes
for US Service Personnel



JejesAgency David Gawn
Group: Rota Spain Housing Lodging

LOOKING TO RENT A HOME OFF BASE?



www.jejesagency.com

jejesagency@gmail.com

+34 646 586 964

WE PROVIDE GOOD
HONEST SERVICE
IN PLAIN ENGLISH

News from Rota DGF Schools

Students Learn about Greek Mythology

Rota DGF Middle/High School 6th-grade English Language Arts students worked through a unit on Greek mythology. Daniel Bennett assigned each student a god or goddess and asked to research, write a biography and dress up. Students learned about Greek mythology and the roles played by gods in Greek culture.



Isabel Berdugo as Hera



Kristian Alexis as Apollo



Taylor Fine as Aphrodite



Parker Mueller as Zeus



Myrelle Cabugao as Hades



Saira Ali as Athena



Sacha Rosenbaum as Zeus



Ava Baum as Apollo

DGF Schools Enter Home Stretch



Junior Vincent Bonavita, left, and his sister, 8th-grader Victoria, work on their assignments during a great Rota weather day over the weekend. Rota DGF Middle/High School enters the home stretch with three weeks of school remaining. Advanced placement examinations have wrapped up, graduation is slated for June 5, and 8th-grade students will soon be promoted to high school. Vincent and Victoria's parents are Chief Master Sgt. Kevin and Kathryn Bonavita.



Xavier Ware as Aries

Exam Breather

Maylen, left, and Summer Rattanaray relax Saturday at the halfway point of annual Advanced Placement (AP) testing at Rota. The College Board moved to online testing this year, and 122 Rota students took more than 250 AP examinations over the past two weeks. The AP program lets high schoolers earn college credit. Courses at Rota DGF Middle/High School range from AP Calculus and Physics to Spanish Literature and World History.



Rota DGF High School Graduation will be Friday, June 5 at 10 a.m. on the school field.

Congratulations Class of 2020!



McDonald's® Rota
We are OPEN

McAuto



Delivery (in Rota)



McDelivery™

Take away



Terrace - limited capacity

Open Time:

Monday to Thursday from 12pm to 11pm

Friday and Saturday from 12 pm to 11:30pm

Sunday from 12pm to 11pm

**Ensuring our customers security through
all required measures**

U.S. and British Ships Depart Barents Sea, Continue Arctic Operations

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

U.S. guided-missile destroyers and a British frigate departed the Barents Sea May 8, following seven days of Arctic operations.

The surface action group (SAG) comprised of U.S. 6th Fleet (C6F) Arleigh Burke-class Aegis destroyers USS Donald Cook (DDG 75), USS Porter (DDG 78), USS Roosevelt (DDG 80), fast combat support ship USNS Supply (T-AOE 6), and Royal Navy's HMS Kent (F 78) entered the Barents Sea on May 4 to conduct training and operations in the challenging conditions of the Arctic region. Along with the warships, U.S. Navy P-8A Poseidon maritime patrol and reconnaissance aircraft (MPRA) and U.S. Air Force RC-135 reconnaissance aircraft provided support during training and operational events.

"The Arctic is an important region and our naval forces operate there, including the Barents Sea, to ensure the security of commerce and demonstrate freedom of navigation in that complex environment," said Adm. James G. Foggo III, commander, Naval Forces Europe and Africa. "Our operations with the U.K. demonstrate the strength, flexibility, and commitment of the NATO Alliance to freedom of navigation throughout the Arctic and all European waters."

As the Arctic continues to become more accessible to maritime traffic, naval proficiency in the region is critical to regional security, global commerce, and American national interests. The SAG's operations provided the opportunity for Sailors to demonstrate their readiness for sustained Arctic operations in the unique and challenging environment.

"It was great to be operating in the Barents Sea again," said Capt. Joseph A. Gagliano, commodore, Combined Task Force 65, and commander, Destroyer Squadron 60. "This is what it means to be a global Navy, sailing wherever international law allows. And it is even better that we returned with the Royal Navy by our side."

The joint SAG, made up of approximately 1,200 Sailors from two nations, conducted high-end, sustained operations, combined and divisional surface warfare tactics, refined coordinated operations with U.S. Air Forces Europe, and reinforced Arctic communications capabilities, while maintaining proficiency in critical warfare

areas.

"NATO Allies are working together to respond to the coronavirus pandemic, even as the Alliance continues to deliver credible and effective deterrence and defense throughout the European region," said Foggo. "Our ability to conduct maritime operations hasn't been undermined, our forces remain ready and engaged in our critical work to ensure maritime trade continues and vital supplies are able to move where they are needed the most."

With support from Supply, the ships maintained continuous operations through replenishments-at-sea. Conducting these complex evolutions allow U.S. and allied ships to remain uninterrupted on station for long periods of time.

"These operations demonstrate the importance of logistics, the sixth domain of warfare, especially when operating during a pandemic, in the seventh domain," Foggo. "We are seeing the importance of presence, as we work together to fight the coronavirus pandemic. Working with our allies and through our presence, we continue to send a power message – we're open for business."

Porter, Donald Cook, and Kent recently completed a bilateral naval anti-submarine warfare exercise in the Norwegian Sea. A U.S. nuclear-powered submarine and a P-8A also participated in the exercise. This exercise reinforced the combined training that the nations received last month while participating in the U.K.'s Submarine Command Course.

"These Arctic operations in the Barents Sea demonstrate the ability of our crews to execute every mission in any maritime environment," said Cmdr. Craig Trent, commanding officer of USS Porter (DDG 78) and surface action group commander (SAG). "Our steady exercises, operations and presence in waters surrounding Europe and Africa have prepared our ships to work seamlessly with each other and our allies to provide maritime security."

U.S. ships in the SAG have been operating with partner nations throughout European seas over the last month. Porter conducted a communications and maneuvering exercise with Romania in the Black Sea, April 13. Following her departure from the Black Sea, Porter met with Supply and Roosevelt to work with the Italian Navy in the Mediterranean and with the French Navy in the Atlantic, April



Photo by Royal Navy photographer Dan Rosenbaum

The Type-23 Duke-class frigate HMS Kent (F78), the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80), the Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78), the Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75), and USNS Supply (T-AOE-6) conduct a photo exercise (PHOTOEX) while conducting joint operations to ensure maritime security in the Arctic Ocean, May 5, 2020.

27 to conduct interoperability exercises. Prior to joining the SAG, Donald Cook operated in the Baltic Sea, sailing with the Lithuanian Navy.

Allied and partner navies must remain proficient in all operating environments to ensure the continued security and access to the seas. This is especially critical in the Arctic, where the austere weather environment demands constant vigilance and practice.

"Usually, having the midnight watch is tough as you're straining to see contacts and obstructions in the water, but it doesn't get dark here -- it just gets dim as the sun dips below the horizon for a few hours and then it's sunrise again," said Ensign Jeremy Shockley, Roosevelt's assistant chief engineer.

The ships are applying lessons learned from recent operations in the Arctic while increasing their navies' abilities in cold weather conditions. To successfully operate in the region, Sailors must master navigation, logistics, and communications in the harsh environment. The SAG operations in the High North are the latest in a series of U.S. ships operating in the Arctic Circle. In 2018, elements

of the USS Harry S. Truman Carrier Strike Group and the USS Iwo Jima Expeditionary Strike Group operated above the Arctic Circle in support of NATO exercise Trident Juncture. In 2019, Donald Cook and a SAG from U.S. 2nd Fleet led by USS Normandy (CG 60) and USS Farragut (DDG 99), also operated separately north of the Arctic Circle.

"One of the best attributes of our surface force is that we can aggregate at will, transitioning seamlessly from independent ships to coordinated operations," said Gagliano. "Our interoperability with our allies is so good that we can deploy multinational naval forces with minimal notice. That's the real power of NATO."

The three U.S. destroyers, based out of Rota, Spain, support NATO's integrated air missile defense architecture and maritime security operations throughout the global commons in Africa and Europe. Commander, Task Force 65 ships consistently demonstrate the flexibility to operate throughout the waters of Europe and Africa, from the Cape of Good Hope to the Arctic Circle, exhibiting a mastery of the maritime domain.



alma verde
café
organic & natural
food & drinks

LET US MAKE YOU FEEL GOOD WITH
FOOD FOR YOUR SOUL IN OUR DINING ROOM

📍 AVDA. SEVILLA 15/17 • ROTA
☎ 634 701 267 PARA RESERVAR

📷 📺 alma verde café



La Dolce Vita
Your Italian Trattoria in Rota



NEW HOURS:
Wednesday to Friday
18.00 - 22.30
Saturday & Sunday
14.00 - 22.30



VITA
taste of Italia

It not only tastes Italian, it feels like Italy!

📱 dolcevitatrattoriarota WELCOME!

Calle Pérez de Bedoya 13, Rota (overlooking the port) Ph: 672 733 591

The GiveBack Project: Naval Station Rota Helps Local Communities

By HN Manuel Soto

Contributing Community Writer

This isn't your typical food drive. Think about it: when was the last time a pandemic - in which people lost their jobs or had to stay indoors for weeks - occurred? We cannot deny that our community has been impacted by COVID-19. Though we are guests of the Kingdom of Spain, this country has become our home. By choosing to help our local community during a time of need, we can raise spirits and give people hope.

To do that, Lt. Cmdr. Christon Duhon and myself, both assigned to U.S. Naval Hospital (USNH) Rota, and Cmdr. Samuel Ravelo, a chaplain assigned to Naval Station (NAVSTA) Rota, conceptualized the GiveBack project and brought it to life with the help of Boy Scouts of America Troop 73.

The GiveBack project name represents the welcoming, helpful, and supportive community of Rota and El Puerto de Santa Maria, and is a way for the base community to give back to their community in this difficult time. This project was developed not just to help a few families, but rather with the goal of aiding as many as possible within the local communities of Rota and El Puerto de Santa Maria.

"My family and I have lived in and loved

this community for over a decade," said Dr. Marcy Baudistel Bond, a teacher at Rota David Glasgow Farragut schools. "We feel blessed to be a part of such a beautiful and welcoming community. Giving back is something we wholeheartedly believe in and preach to our four children, so of course we were so happy to have the opportunity to give back to the community we call home!"

The GiveBack project offers two ways for the community to donate. First, the organizers have set up donation boxes for food or non-perishable items at the base chapel, housing office (across from USNH Rota), and the Boy Scouts Hut in the base housing area. To date, the community has filled six tri-wall boxes with donations, making one delivery possible so far.

Alternatively, the project established an online donation fund where 100 percent of money donated will be used to purchase food items from off-base grocery stores. So far, the community has given \$940, and one grocery purchase has been made at a local supermarket, who in turn matched a small portion of the purchase with their own donation to the cause.

The GiveBack organizers are coordinating with the NAVSTA Rota Spanish Liaison Office, which is in contact with the city hall officials from both El Puerto and Rota, in order to organize the



Photos by MC1 Benjamin Lewis

Hospitalman Manuel Soto, assigned to U.S. Naval Hospital, Rota, Spain, hands donations from the NAVSTA community to a member from El Puerto de Santa Maria's Ayuntamiento. Soto organized the GiveBack project with the aid of The Boy Scouts of America, Scout Troop 73, in order to help those in need in the local Rota and El Puerto de Santa Maria communities.

pickup or delivery of the donations from the installation for coordinated distribution within their cities.

Giving food, water, or even clothing doesn't just supply a family with basic necessities, it gives local families respite, while showing that strangers do care.

We - both Americans and Spanish - are in this together. The impact of the GiveBack project will ripple throughout the area in coming weeks and will continue to emphasize and strengthen the bond between our two communities.



Lt. Cmdr. Christon Duhon and Hospitalman Manuel Soto, both assigned to U.S. Naval Hospital, Rota, Spain, and members from El Puerto de Santa Maria's Ayuntamiento, pose for a photo with donations from the Naval Station Rota community.



Photo, right: Lt. Cmdr. Christon Duhon and Hospitalman Manuel Soto, both assigned to U.S. Naval Hospital, Rota, Spain, give donations from the Naval Station Rota community to members from El Puerto de Santa Maria's Ayuntamiento. Soto organized the GiveBack project with the aid of The Boy Scouts of America, Scout Troop 73, in order to help those in need in the local Rota and El Puerto de Santa Maria communities.



If you would like to donate to the GiveBack, you can drop off non-perishable food items, basic hygiene items and clothing to one of the donation boxes around base: base chapel, Housing office (across from USNH), and Boy Scout Hut located in housing area.

To donate funds, follow this link: www.gofundme.com/1zq6fu3uao.

For further information on the GiveBack project, contact christon.j.duhon.mil@mail.mil.

NOKIPHONE

iPhone / iPad

FAST REPAIRS

Repairs:

- Battery
- Home buttons, power, volume...
- Flex charger
- Dock speaker
- Earpiece
- Camera

**FAST FIX
30 MIN.**

After

Before

ROTA - Tlf. 660 145 599 **ivan duran**

NokiPhone2007@hotmail.com

2002 OPEL ASTRA

- ✓ Runs great
- ✓ ITV just passed
- ✓ European specs
- ✓ A/C - Radio
- ✓ electric windows
- ✓ 1750€

CALL NOW
653780296

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

Great Sea Views!

Crepes, Fondues, Burgers, Salads, Nachos

crêfondue
FRESH & CASUAL

Paseo marítimo - Puerto Sherry
Puerto Santa María 956 877 752

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

NOW HIRING

HRO (www.usajobs.gov)

Customer service 8 a.m. to 3 p.m. Call 727-1643 for more info

Morale, Welfare & Recreation (MWR)

www.navymwrrota.com/jobs

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

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

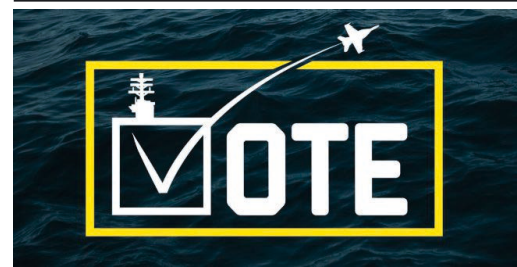
CYP – Youth: CYP Assistant, CY-01/02, Flex (2 positions)

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

NEX

Come work for us! Search for jobs, apply online or just create a profile for future job openings all at the click of a button! Visit <http://www.NavyExchange.jobs>

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.

HECTOR THE BARBER SHOP

PELUQUERIA DE CABALLEROS

Traditional and classic wash and scalp massage, hair, dried and changes shape hair for men. modern and classic hot towel shaves flavored, design and arrangement of beard, mustache, eyebrows and contours. Personalized service

REGULAR CUT - SCISSOR CUT
MOHAWKS SHAVES
BLOW OUT FADES - FLAT TOP TAPES

MON - FRI
9AM - 9PM
SATURDAY
10AM - 2PM

AV/ SAN FERNANDO 48
ROTA

654 726 141
WALK IN

FOLLOW US
f Instagram

SOUTH-INK-TATTOO

AV. SAN FERNANDO, 62. ROTA

+34 616 961 621
SOUTHINKTATTOOSTUDIO@GMAIL.COM

We have GIFT CARDS!

ROTA DGF TALENT 2020

SPONSORED BY INTERNATIONAL CLUB &
THE FRESHMAN CLASS

Join Rota DGF Middle/High School for the third annual
DGF ROTA TALENT SHOW!

Saturday, May 23, 6 pm

@ <https://www.facebook.com/RotaDGF/>

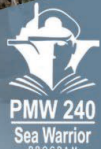


MyNavy Family App

This app is for Sailors and their families, combining authoritative information from a wide range of websites into a single, convenient application. New resources and links continue to be added, like those for the COVID-19 pandemic.



Visit applocker.navy.mil to learn more!



FVAP.GOV

FEDERAL VOTING ASSISTANCE PROGRAM

SINCE 2005
CAR SALES

LET US HELP YOU
FIND YOUR CAR



MAKE CONTACT BY CALLING 653780296
AND SPEAKING TO RAY, A TALL BOSTONIAN.
BY APPOINTMENT ONLY IN EL PUERTO



ROTABEATER

CRABBY'S

COASTFOOD

ARE YOU FEELING CRABBY?
**THEN COME
TO CRABBY'S!**

**YOU CAN
NOW ENJOY
OUR MEALS
AT ANY TIME
FROM 2 PM!**

**NEW
KIDS MENU**

PIZZA OR
POPCORN FISH.
SOFT DRINK AND
ICE CREAM!

SCAN & LOCATE



CRABBY'S COASTFOOD
PUERTO SHERRY
Paseo Marítimo, Casa 39 - Local 3
El Puerto de Santa María - Cádiz
Tlf. 644 480 556

Taller Alemán GLASSDRIVE

YOUR EXPERT ON CAR WINDOWS - MECHANIC WORKSHOP



Polígono Industrial Santa Teresa, Nave 2 11520 Rota (Cádiz)

Tlf: 856 00 39 23 / 684 45 19 55

rota@glassdrive.es / www.glassdrive.es

American Owned & Operated

Bailey's
cut off this section & get
FREE SANGRIA
with your meal

Bailey's

GRILL

SPECIALTIES:

**Argentinian Beef, Grilled Meats, Jumbo
Burger 100% Beef**

Ample Parking • Large Playground • Takeaway Available

OPEN EVERYDAY: 13:00 – 24:00

Ctra. Fuentebravía Km 4 • 956 480 434 • Puerto Santa María



- **Gel dispensers** in common areas and especially cleaning the cranks, buttons, handrails, elevators, switches...
- **Ventilate** daily common areas and rooms.
- **Provide each Apartment with:**
 - 5 Masks.
 - 1 Thermometer.
 - 1 Disinfectant gel.
- **Twice daily cleaning** of common areas with antiviral products, such as ionized water.
- **Disinfection with ozone-generating** equipment in each apartment at the entrance and exit.
- **Disinfection by fumigation** of corridors and stairs.
- **Cleaning of curtains** and all kinds of linens at 65° C for at least 3 minutes.
- **Use different** scouring pads, sponges and bags for each apartment, to avoid cross contamination.
- **Wash your hands** for at least 20 seconds before and after each apartment.
- **Cleaning and disinfection** with ionized water on all types of surfaces.
- **Changing Personal Protection Equipment** material such as gloves, masks, etc. when cleaning and disinfection of each apartment is finished.
- We follow the **Protocol prepared by the Spanish Technical Institute of Cleaning (Itel).**

CLEANING PROTOCOL AGAINST VIRAL AGENTS



**ABSOLUTELY THE BEST DEAL
OVER 50 YEARS OF SERVICE**



GPS: 36.625844, -6.358793

Hyundai i 10 automatic available



BOOKINGS: 956 811 848 / 607 977 615

WEEKDAYS 09:30-20:00 SAN JUAN BOSCO 1 - ROTA



WEEKENDS 10:00-14:00

info@miguelrentacar.com



CHEVROLET AVEO 1.2 GASOLINA 2010 65,000 MILES
ITV JUST PASSED EUROPEAN SPECS RUNS WELL
CALL NOW - TLF: 653 780 296 PRICE: 2850€