

COASTLINE



March 9, 2023 / Volume 33, Issue 5

U.S. Naval Activities Spain



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CO's Corner



Capt. Teague Suarez

beach gear just around the corner!

March is Women's History Month, when we celebrate the countless women who fought tirelessly and courageously for equality, justice, and opportunity in our Nation, and March 8th is International Women's Day. This year we celebrate "Women Who Tell Stories," in recognition of the power of producing art, pursuing truth, and reflecting the human condition decade after decade.

I harbor no illusion that we have fully achieved equality, justice, and opportunity for women in the United States Navy, but I am proud of the steps that we have taken in recognizing the excellence many of our female Sailors bring to the Fleet. Beneath the waves, we have the Navy's first female "Chief of the Boat;" on the surface, we have seen the first woman to command an aircraft carrier (she was also just nominated for a star!); and in the skies, we had an amazing all-female flyover before this year's Super Bowl.

One of the reasons that Women's History Month is so

Changes for the Future, For the Better

Hola desde Building 1!

I hope that everyone has found their rhythm as we step away from the holidays and look towards spring. Despite the morning temperatures hovering near freezing the past few weeks, it feels like the weather wants to turn for us, with shorts, t-shirts, and dusting off the surfboards and

important to me is that I hope that my daughter faces fewer challenges than my wife did, and finds that she is part of a society that values her for the person she is, the ideas she has, and the work she does, instead of her gender. Every chance we have to celebrate the hard work of the generations of women before us can remind us of the work that we have done, and the work we have ahead of us. Those celebrations also give both of my kids examples of the impact we can have on the world around us.


Speaking of impacts on the world around us, this week NAVSTA Rota began a transition away from internal combustion engine powered government vehicles to electric vehicles (EVs). As guests of Spain, I feel we are obligated to conserve the natural resources we use to run an Installation filled with warfighters, supporting personnel, and our families. Transitioning to EVs is a small step, and not one that everybody here can do. But there are many ways we can have an impact, from the way we use the cars we have, to where we set our thermostats, to how much we water our lawns.

And one final public service announcement, as we look to Spring. On March 26 (still a few weeks away), we will "spring" forward here in Spain as we move to daylight savings time, and embrace the sun that never wants to set!

I look forward to seeing you around the Installation!

Happy Birthday

Seabees!



On The Front Cover



Naval Station Rota Commanding Officer, Capt. Teague Suarez, reads "The Gruffalo" to Dana Dufka's second grade class at Rota Elementary School as part of the Read Across America program, Feb. 28, 2023. Launched in 1998 by the National Education Association (NEA) and guided by a committee of educators, NEA's Read Across America is the nation's largest celebration of reading. (Photo by MCC Nathan Carpenter)

Do You Like to Write or Take Photos?

The Coastline is looking for guest writers and story ideas. Are you traveling some place fun, attending a sporting event, participating in a workshop or cooking class or leading special training in your office or community? Is there something you heard about or do you have a story idea? If so, we want to hear from you! Please send story and photo submissions or story ideas to The Coastline at rotacoastline@gmail.com. You don't have to be a professional writer. Let's get the word out about the community we live in.

Publication is subject to approval.

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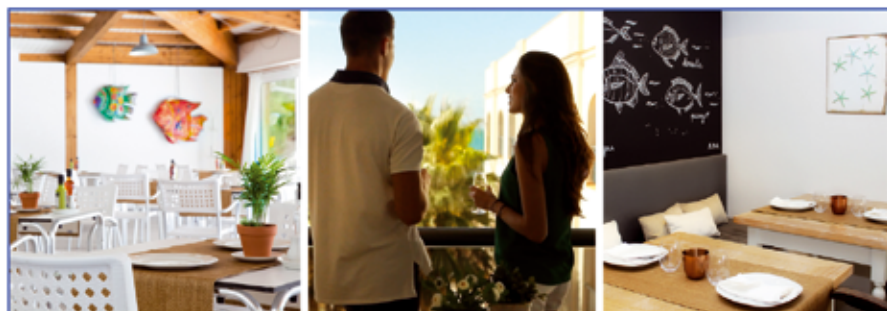
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Rota Personnel Attends Carnaval Parade in Cádiz

Story and Photos by Phylisia Stitzel
Rota MWR

Carnaval season is upon us in Andalucía, Spain! Rota Morale, Welfare and Recreation (MWR) arranged their annual tour to attend the Cadiz Carnaval parade, where 90 patrons of Naval Station (NAVSTA) Rota loaded on two buses and ventured to the crowded, narrow streets of Cádiz.

The origins of the Cádiz carnaval date back to the 15th Century when Italian traders were based in the historic

seaside city. Homesick and nostalgic for the traditional Italian Carnival, these traders greatly influenced what has now become one of Spain's biggest and funniest carnivals.

Officially named an international festival of touristic interest on February 16, 1980, the carnival has only continued to grow since and is visited by locals and foreigners alike year after year.

It is well known that the Spanish enjoy their nightlife and party well into the wee hours of the morning. During the 11 days of the Cádiz Carnival, these night-time fiestas are amplified. The streets are filled edge-to-edge with people eager to see parades, fireworks, comedians, puppet shows, and acrobats as well as enjoy the non-stop music of the carnival.

Carnaval is all about the music, food,



comedy, and the parade on the last night. MWR tour participants got to enjoy the parade and atmosphere along these historic streets; around every corner, there are surprises, satirical songs, and countless strangers dancing, laughing, and poking fun at each other. A sight you'll only see at the Cádiz carnival.

Rota MWR Tickets & Travel offers a variety of cultural and historical tours to major events around Andalucía and Spain. Pick up a copy of the Vamos magazine to see what upcoming tours are available. For more information on Tickets & Travel, call DSN 727-3101 or commercial, +34 956-82-3101.





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Health Promotions Corner: Smart Tips for Successful Meals

By Kay Lehman
U.S. Naval Hospital Rota

March is National Nutrition Month. “Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. The importance of a balanced diet for overall health and longevity has been stressed for centuries. To achieve a healthy balanced diet, it is important to take the proper steps for successful meal planning!

Preparing food at home can be a great way to save money, try new recipes, and focus on healthy meals. Cooking may be a daunting task no matter your level of experience. With a few tips and tools, cooking at home can become a little easier for everyone.

Keep a Well-Stocked Pantry

A well-stocked pantry is imperative for successful meal planning. If you don't have time to plan meals or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

Shelf Stable Products

- Dried or canned beans, peas and lentils: black, kidney, white or pinto beans, garbanzos; green or yellow split peas; green, black or red lentils
- Canned vegetables with no added salt: diced tomatoes, peas, green beans or corn
- Whole grains: brown rice, quinoa,

- oats, millet, and whole-grain pasta
- Canned/tinned/pouched tuna, salmon, sardines, mussels or chicken
- Oils: Olive, canola, sunflower, avocado, sesame
- Dried herbs and spices, vinegars

Frozen Foods

- Vegetables: broccoli, cauliflower, green beans, carrots, brussel sprouts
- Fruits: mixed berries, cherries, mango, bananas
- Whole wheat pizza dough – to build your own healthy pizza
- Frozen poultry, fish or seafood

Invest in the Right Tools

In addition to having a well-stocked pantry, proper kitchen tools can make the meal preparation process far less overwhelming. The following items will make working in the kitchen easier.

- Baking sheets and roasting pans
- Stock pot, sauce-pans and skillets
- Tongs, spatulas, slotted spoon and mixing spoon
- Potholders and towels
- Colander and strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw and cooked foods
- Measuring cups and spoons
- Chef knives, vegetable peelers, wire whisk and can opener

Keep Meals Simple

You don't need to be a master chef to whip up something tasty and nutritious.

Delicious healthy meals can be created without a recipe while using the plate method to build a balanced meal. Envision half the plate veggies, ¼ plate for protein and ¼ plate for whole grain or starch.

Examples:

- Baked fish or chicken breast with sauteed veggies and brown rice or quinoa
- Black bean and vegetable burrito (the wrap is the grain, the beans are the protein)
- Scrambled eggs with spinach, avocado and whole grain toast

Consider healthier substitutions for favorite meals:

- Use lean ground turkey instead of beef
- Remove the skin from chicken
- Grill or bake meats instead of fry
- Use 1% or 2% milk instead of heavy cream
- Use Greek yogurt instead of sour cream
- Add cauliflower to rice or potatoes

Mix and Match

Having a well-stocked pantry allows to make combinations that pair well for a quick and easy meal.

- Whole grain pasta with garbanzo beans and canned tomatoes, seasoned



with basil and served with a medley of frozen vegetables

- Quinoa with black beans, corn and bell pepper, dressed with olive oil and lime juice
- Salad with lettuce or spinach, hard boiled eggs, tuna, tomatoes, and olives dressed with oil and vinegar
- Homemade soup with grilled or baked chicken, low-sodium broth, veggies and brown rice.

Learning to cook or finding the time to cook does not need to be overwhelming. Remember to keep meals simple and keep practicing – everyday!

For more information on healthy meal planning, grocery shopping or questions about getting started, contact Health Promotions at DSN 727-3350 or commercial, +34 956-82-3350. For a one-on-one appointment with the registered dietitian, call central appointments at DSN 727-3618, or commercial +34 956-82-3618.

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A photograph of a bicycle shop named "Antonio's". The shop is filled with various bicycles, including road bikes, mountain bikes, and hybrids, displayed on racks and leaning against shelves. A sign above the entrance reads "Antonio's". A person is visible in the background near the entrance. The shop has a clean, organized appearance with a white sign that says "LIMPIO" (Clean) above the entrance.

[illegible]

Contract Opportunities

Dental Hygienist

U.S. Naval Hospital Rota, Spain is seeking **one** contracted **part-time** dental hygienist position:

The qualifications and submission requirements are:

1. Possession of a current certificate or diploma to practice as a dental hygienist in any one of the 50 States, the District of Columbia, the Commonwealth of Puerto Rico, Guam or the U.S. Virgin Islands.
2. Passed an accredited regional clinical board exam and the national written exam - National Board Dental Hygiene Examination by the Joint Commission on National Dental Examinations.
3. Minimum of 12 months of experience in the last 60 months as a dental hygienist.
4. Provide two letters of recommendation written within the last two years attesting to your clinical skills. A minimum of one of the letters must be from a supervisor. The other letter must be from either clinic or hospital administrators, or practicing physicians. Reference letters shall attest to the quality and quantity of experience including, but not limited to, the communication skills between HCW and patient and among peers, and must include name, title, and phone number, date of reference, address and signature of the individual providing reference.
5. Provide a copy of current, valid, unrestricted state license corresponding to the specialty required by the contract

in one of the fifty States, the District of Columbia, the Commonwealth of Puerto Rico, Guam, or the U.S. Virgin Islands.

6. U.S. citizenship required.
7. Authorized to work on NAVSTA Rota (i.e. possess a Tarjeta Especial de Identificación (TEI) Card) for a minimum of one (1) year.
8. Basic Life Support (BLS) certification.

NOTE: The selectee will be an independent contractor. The Government provides no fringe benefits. The contract will be for one (1) year with the option to extend for up to a total of three (3) years.

If you meet the qualifications, please contact the Purchasing Agent, Ivan Moyano, and the Contracting Officer, Israel Alvarado, by email: ivan.moyanonino.ln@us.navy.mil, and israel.a.alvarado.civ@us.navy.mil, or +34-956-822-332 as soon as possible in order to obtain a full copy of the Request for Quote and other related documents. The current deadline to submit quotes is **March 27, 2023**.

*** Prospective applicants must register in SAM.gov in order to be eligible to receive a contract award: <https://sam.gov/content/entity-registration>. We recommend serious candidates to initiate registration as soon as possible and to utilize a U.S. address, if possible, during registration to expedite processing time. ***

Dental Assistant Trainee

U.S. Naval Hospital Rota, Spain is seeking **one** contracted **full-time** dental assistant trainee position. The government will provide on-the-job training to the contractor with the expectation that the contractor will reach full performance potential, as a dental assistant, within the first year of this contract.

The anticipated qualifications are:

1. Possess a current Basic Life Support (BLS) certification.
2. U.S. citizenship required.
3. Authorized to work on NAVSTA Rota (i.e., possess a Tarjeta Especial de Identificación (TEI) Card) for a minimum of one (1) year.
4. Desired experience providing healthcare services and or working in a healthcare environment.

NOTE: The selectee will be an independent contractor. The Government provides no fringe benefits. The contract will be for one (1) year with the option to extend for up to a total of three (3) years.

If you meet the qualifications, please contact the Contracting Officer, Israel Alvarado, by email Israel.alvarado@eu.navy.mil or +34-956-821-996 as soon as possible in order to obtain a full copy of the instructions to apply for this contract. The current deadline to submit quotes is **March 27, 2023**.

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NAVSTA Rota Community Members Participate in Read Across DoDEA Event

By Courtney Pollock
NAVSTA Rota Public Affairs

Rota Elementary School hosted its annual Read Across DoDEA event with community members from around Naval Station (NAVSTA) Rota visiting classrooms to read to students, Feb. 28, 2023. As part of the National Education Association (NEA) "Read Across America" campaign, these classroom readings were part of a weeklong celebration at the school to encourage reading amongst the students.

Randy Lambert of NAVSTA Rota School Liaison Office and Rota Elementary School Information Specialist, Lauren Popadines, coordinated the community reading event. Lambert stressed the importance of having community readers come to the classroom.

"Volunteers promote the activity of reading, rather than focusing on teaching reading skills," said Lambert. "Reading aloud to a group strengthens all kinds of literacy skills."

Skills such as introducing students to new vocabulary, modelling fluent and expressive reading, and boasting comprehension through conversations. However, the most important factor is that it's fun!

Both students and volunteers enjoyed the break in routine while enjoying a book together – whether an old favorite or a new one.

"Several volunteers had previous done the event (before the pandemic), and they were excited to again be able to read to students," said Lambert. "Several of this year's participants also expressed that they would love to be included in future events like this."

One of the volunteer readers was NAVSTA Rota Commanding Officer, Capt. Teague Suarez, who read to Dana Dufka's second grade class. The book, "The Gruffalo," was a big hit amongst the second graders, but the children



Photo by MCC Nathan Carpenter

Capt. Teague Suarez, commanding officer of Naval Station (NAVSTA) Rota, reads to a group of second grade students as part of "Read Across DoDEA" events at Rota Elementary School, Feb. 28, 2023. Throughout the week, there were numerous events to promote literacy and encourage reading amongst the students.

also enjoyed asking him questions about his job and his time as a helicopter pilot.

In total, over 30 community readers came to the school to read to students from preschool through fifth grade; many of them reading to multiple classes.

Rota Elementary School's "Read Across DoDEA" events – from this community members reading in classrooms to "drop everything and read" in the gym – promote the importance of literacy within its student population.





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Travel Andalucía: Places to See in each Province

By Courtney Pollock
NAVSTA Rota Public Affairs

With Día de Andalucía (Feb. 28) having just passed, the Coastline team thought we should highlight the top sites from the eight provinces of Andalucía. While there are plenty of amazing locations within Andalucía, we hope this list will serve as a jumping off point to provide some travel inspiration. Listed below are the tourist track, or the must-see site, in addition to off-the-beaten path selections for those who want to go a bit deeper within each of the provinces. Happy traveling!

1. Almería

Tourist Track: *Desierto de Tabernas*

Almería is a fairly barren province and if beaches aren't your thing, head to Desierto de Tabernas. It's a dusty, sun-baked location where spaghetti westerns were filmed during the 1960s. While it is still used a film location at times, the majority of the sets are now part of a Wild West theme park for the entire family.

Off the Beaten Path: *Cabo de Gata*

For beach lovers, check out the unspoilt coast of the Almería. On the southeastern tip of Spain is the parque natural de Cabo de Gata-Níjar. This rugged coast translates to wind-swept, beautiful beaches. There are small villages scattered throughout but the majority of the park is accessible only by foot, off-road vehicles, or boat. There is a few resorts located in the area affording visitors with luxurious accommodations within more isolated settings.

2. Cádiz

Cádiz province is home to Naval Station (NAVSTA) Rota making it easy to explore this province. However, we had the hardest time limiting ourselves to a few key sites because we felt Cádiz has

so much to offer. From mountains to sea, this province has it all!

Tourist Track: *Cádiz city*

Considered one of the oldest continually inhabited cities in Europe, Cádiz is the perfect city to just meander and get lost within its streets. Situated on a peninsula, the tightly-packed city is surrounded by water on three sides. Enjoy churros and coffee while sitting on the main plaza in front of the cathedral, sample fresh seafood (and other delicious treats) at the central market, marvel over the old gnarled trees along the seaside promenades, or climb to the top of the cathedral tower for impressive views over the city.

Off the Beaten Path: *Pueblos blancos*

Maybe not entirely off-the-beaten path for those stationed here, however, the pueblos blancos, or white villages, should not be missed. You can head inland to explore the mountain pueblos of Zahara de la Sierra, Grazalema, El Bosque and Olvera, or head for the pueblos perched upon rocky outcrops with prime views of the valleys like Vejer de la Frontera, Arcos de la Frontera, or Medina Sidonia.

3. Córdoba

To many, Córdoba is simply the Mezquita, but there is so much more to the city and province than this one site. For years, Córdoba was a prime example of three cultures – Christian, Islamic, and Jewish – coexisting and creating one of the biggest cultural capitals within Western Europe.

Tourist Track: *Córdoba, its old quarters and the Mezquita*

The city of Córdoba has seen history pass through it, and you can walk in this history. From the Roman bridge crossing



Photos by Courtney Pollock (unless denoted)
The city of Cazorla is a great base for exploring Cazorla natural park in the Jaen province.

the Rio Guadalquivir to the mosque-turned-cathedral Mezquita, Córdoba will surprise visitors around each turn or hidden patios. The main site for Córdoba is the Mezquita with its candy cane-striped arches, orange tree courtyard, and jarringly out-of-place Catholic alter. In the judería, or Jewish quarter, you can visit one of the few enduring synagogues in Spain from before the Inquisition. Located near the Mezquita and old quarter is the Alcázar de los Reyes Crisitanos which is worth a visit.

Off the Beaten Path: *Castle of Almodóvar del Río*

This castle is located approximately 30 minutes outside Córdoba city, making it an easy stop on the drive to/from Rota. With Moorish and Roman roots, this medieval village is perched high above with phenomenal views over the

valley. It's been well-preserved over the years with good informational pieces throughout. For Game of Thrones fans, you may remember it as the Tyrell's house, Highgarden, as well as the dungeon being Casterly Rock.

4. Granada

Granada was the last stronghold for the Moors on the Iberian Peninsula. One of the most important moments in Spanish history occurred within this province when Moorish King Bobadil relinquished the keys to Granada city to the Catholic Monarchs. But the history is only one side of Granada province; the other is its Sierra Nevada mountain range which has the highest peak on the Iberian Peninsula as well as Europe's southernmost ski resort.

Tourist Track: *Alhambra and old quarters*



Photos, from left to right (both upper and lower): Cabo de Gata-Níjar natural park is a rugged coast on the southeastern corner of Andalucía. The Cadiz Cathedral is a must-see when visiting the city. The view from the bell tower shows the golden dome overlooking the blue ocean. The ornate outside and continuous candy-striped arches of the Mezquita in Cordoba. The tiny villages of Las Alpujarras on the southern side of the Sierra Nevada mountain range are a great base camp for outdoor enthusiasts.

It's hard to mention Granada without mentioning the Alhambra, one of Spain's biggest and most important tourist sites. The Alhambra is full of Moorish handiworks, tranquil gardens of the Generalife, and the fortified Alcazaba. One should definitely plan for several hours to walk, reflect, and enjoy this historical treasure. The city of Granada also has lots to offer a visitor throughout the inner city. From the Capilla Real (Royal Chapel) where King Ferdinand and Queen Isabel are buried to flamenco performances in the caves of Sacromonte, the allure of the Alhambra is only the start!

Off the Beaten Path: Las Alpujarras

On the southern side of the Sierra Nevada mountains, the villages of Las Alpujarras are sprinkled along the range in this more arid climate. The villages are linked with paths running between them recalling the ancient history of the area where footpaths were the only mode of transport. The village of Capileira is one of the jumping off point for hiking the highest peak on the Iberian Peninsula, Mulhacén, or you can simply enjoy the mountainous atmosphere while sampling the famous jamon serrano of Trevélez.

5. Huelva

Huelva is one of the least-touristed provinces within Andalucía. Many probably travel through it (enroute to Portugal or northern Spain) but it does have several locations of cultural and historical interest.

Tourist Track: Monasterio de la Rabida and Palos de la Frontera

While opinions on Christopher Columbus are mixed, his discovery forever linked Spain and the Americas. In 1492 from the town of Palos de la Frontera, Columbus left in the Santa

Maria ship along with the Pinta and the Nina looking for a new route. You can visit replicas of the ships in Palos de la Frontera but be sure to also stop at the Monasterio de la Rabida where Columbus lived in for a time before departing on his adventure. Other major tourist attractions in Huelva include the cave "Grutas de la Maravillas" in Aracena, Spain or the old Rio Tinto mining location.

Off the Beaten Path: El Rompido beach

Huelva province has some absolutely gorgeous, unspoilt beaches. The tides in this area has created sand islands where visitors can catch boats to islands for sunbathing. Throughout the area, there are several resort areas along the coast, such as El Rompido, which provide luxurious accommodations amongst pristine beaches and nature areas.

6. Jaén

Jaén province may best be described as rolling hills full of olive trees. It's no surprise that this province produces a vast majority of the country's olive oil.

Tourist Track: Ubeda and Baeza

Two major cities within Jaén province, Ubeda and Baeza, are also designated as UNESCO world heritage sites for its Renaissance influence. Both cities – located nine kilometers from each other – have history dating back to the Moors and Reconquista, but it was the renovations in the 16th Century to emerging Renaissance that is its true gem. Both cities had several wealthy families who worked to create these perfectly preserved churches and civic buildings.

Off the Beaten Path: Cazorla Natural Park

Situated amongst rolling hills of olive trees, Cazorla natural park is an outdoor lover's paradise. The park features tiny pueblos scattered amongst its mountains



The Castillo de Almodovar del Rio, located only 30 minutes outside Cordoba city is an impressive castle/fortress. For Game of Thrones fans, it was the Tyrell's house, Highgarden.

and valley. The villages of Segura de la Sierra and Cazorla should not be missed. The river and waterfalls of the Rio Borosa allow hikers to enjoy the outdoors or relax in the water. Bring your bathing suit if you want to cool off in the river.

7. Málaga

The Málaga province is home to numerous resorts along the Costa del Sol, glamorous lifestyle of Puerto Banus, and gorgeous mountain villages. There should be something for everyone - from amusement parks and museums to luxurious resorts.

Tourist Track: Artsy Málaga

Málaga city is the birthplace of Pablo Picasso, but its art does not stop there. The town boasts a surprising amount of art museums – Museo Picasso Málaga, Centro de Arte Contemporáneo, Centre Pompidou Málaga, and Picasso's birthplace home – located within the city as well as grass root street art MAUS in the city's Soho area.

Off the Beaten Path: Frigiliana

Located approximately seven

kilometers from Nerja, Frigiliana is a beautiful whitewashed mountain village with blue accents. Despite its popularity on Instagram, it is still popular with outdoor enthusiast due to plenty of hiking trails right outside its city limits. The cobbled streets maze their way up and down creating a feeling similar to Moroccan mountain villages.

8. Sevilla

The province of Sevilla has a wealth of history and culture within its borders. Visitors can enjoy the Roman ruins of Italica, Mudéjar palaces, the influx of new world money...and that's just the buildings! Seville is brimming with culture from its noteworthy festivals of Semana Santa processions and the Feria de Abril to its tapas culture of sampling delicious plates with friends over drinks.

Tourist Track: Seville and its sites

As with many of the other major provinces, you cannot mention Sevilla province without considering the city

See **TRAVEL** page 14



Photos, clockwise from top left: Malaga Arte Urbano Soho (MAUS) is a street art project around Malaga's Soho area. Rio Borosa hike within Cazorla natural park is a great hike along the river as you climb up to a high mountain lake. The Plaza de España in Seville should not be missed; it includes tilework depicting every province in Spain! The Cerro del Hierro old mining area in Sierra Norte de Sevilla has unique rock structures. El Rompido in Huelva province has many luxurious resorts set amongst its rustic coastline.

Photos by Alejandra Tirapu Lucero

Photos, clockwise from top left: Frigiliana is set in the mountains approximately seven kilometers from Nerja making it a great base for exploring both mountains and sea. The beautiful cobbled streets of Frigiliana have gained popularity in recent years because it's so Instagram-able. Another view of the climbing cobbled streets of Frigiliana. The town of Baeza in Jaen province is an UNESCO world heritage site. Baeza (pictured) and the neighboring city of Ubeda are both full of architectural buildings with Renaissance influence.

TRAVEL
Continued from page 13

that is its namesakes. Steeped in history and culture, Seville offers endless opportunities to get experience Spanish, Andalusia, and its culture. Some top sites include the cathedral, Real Alcázar, Plaza de España, and the Barrio Santa Cruz and Triana neighborhoods. Art lovers should definitely check out Sevilla's Museo de Bellas Artes (Museum of Fine Arts) which is one of my favorite spots in the city!

Off the Beaten Path: Sierra Norte de Sevilla Natural Park

If you haven't noticed, we enjoy the outdoors as much as we enjoy cities! This park, located north of Sevilla, is a great long weekend getaway without going too far from Rota. Within the park, you can hike the camino (Camino de la Frontera), visit the old mining ruins of Cerro del Hierro, or cycle the greenway. Tiny towns, rural accommodations, and wildlife are abundant throughout the park making it



The pueblo blanco (white village) of Vejer de la Frontera is an easy drive from Naval Station Rota, Spain, and provides visitors with amazing views, culture, delicious food, and boutique shops.

an easy getaway in nature. As you can see, Andalusia has a lot to offer visitors! We encourage everyone to get out and explore this beautiful region of Spain that you get to call "home." If this list doesn't provide enough inspiration (or if you've visited them all), check out the other travel pieces from the Coastline staff or send us your suggestions to coastline@eu.navy.mil.

If you're looking for more inspiration, below is a list of UNESCO World Heritage Sites in Andalusia. Some are found within the article, but others are not!

- Granada:** Alhambra, Generalife, and Albayzin
- Cordoba:** Mezquita and Historic Center
- Seville:** Cathedral, Alcazar, and Archivo de Indias
- Ubeda and Baeza**

- Doñana Natural Park**
- Antequera Dolmens**
- Medina Azahara**
- Intangible Cultural Heritage:** Flamenco and Mediterranean Diet



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From the Library: Children Book Review

Hedgehog and the Art Show

By Özge Bahar Sunar

Illustrated by Ceyhun Şen

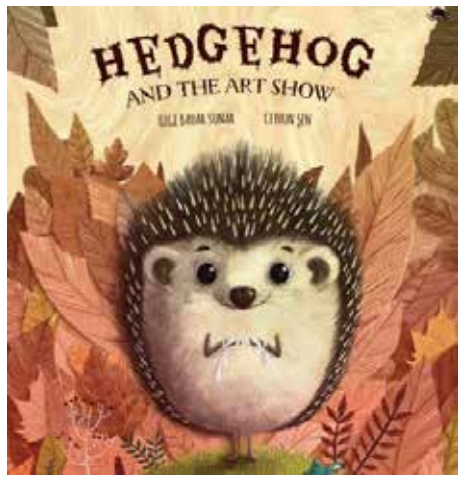
Review by Courtney Pollock

Given the recent earthquake relief efforts in Türkiye, I thought this book was particularly timely as it highlighted the work of two Turkish creators – author Özge Bahar Sunar and illustrator Ceyhun Şen – and this book can be found at the base library!

"Hedgehog and the Art Show" is an adorable book about a hedgehog who injures himself before his first day of school. His first day goes well except for writing. With the bandages on his hands, he is unable to practice his letters like his classmates.

At the end of the week, hedgehog's teacher said there will be a class art show on Monday to highlight their letters. Little hedgehog is sad because he is still unable to practice. However he sees his teacher – an owl – use his beak to open a desk drawer. It gives him an idea!

At home, little hedgehog works to create his letters in unique ways such as



using his spines dipped in ink, punching holes, etc. He discovers he could use his whole body to "write" the letters. At the art show, little hedgehog's letters are on display in the best spots and it inspires the other animals to be creative as well.

My son really loved this book. I would find him flipping through it continuously to look at the pictures as well as asking me to read it to him. When I asked him what he liked about it, he replied, "I like how he uses different things to create his letters ... and then his friends try it too." This is a great message to send to children that there isn't always one way – or one right way – to do something.

March is Healthy Eating/National Nutrition Month Get to Know Your Registered Dietitian Kay Lehman

By Lt. Cmdr. Jenny Paul
U.S. Naval Hospital Rota

Kay Lehman loves her job! As U.S. Naval Hospital Rota's registered dietitian, she spends each day sharing information she is truly passionate about and helping patients and base beneficiaries meet their nutritional goals.

Originally from a small rural town in Minnesota, Lehman grew up in a "meat and potatoes" family, where the only vegetable often found on her dinner plate was corn.

"I am pretty sure I first met broccoli when I was 16 years old" she reported.

Becoming a dietitian was a journey, which initially started when Lehman pursued culinary school. It was there that she took her first nutrition class and realized the world was filled with incredible tasting and healthy foods she'd never encountered before. Lehman quickly decided she wanted to do more than just prepare food; she wanted to help people eat healthier too.

After completing her master of science in nutrition and exercise, Lehman further advanced her study to become a certified sports dietitian, meaning she has met specific requirements needed to practice in the field of sports nutrition as well. She'd had the opportunity to put this education to use with a wide range of military and civilian populations, as well as personally; Kay is a "masters" athlete and competes on a Spanish mountain bike team. A little-known fact about Kay is



that she is also a military veteran, having served as an operations specialist. She understands the challenges of living healthy in a fleet-centric environment.

Lehman enjoys working with a wide variety of patients and has notable interests in chronic conditions such as diabetes, obesity and correcting nutritional deficiencies through diet. You can often see Lehman around the installation during Health Promotion outreach events, within the Medical Home Port Clinic, or riding around Rota. Lehman's favorite parts about living in Spain is the opportunity to give back to the Navy and that she can ride her bike to work almost every day.

"Living in a foreign country comes with its challenges, but the blessings are tremendous."

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Team Rota

Military Working Dog Tara

Tara is a military working dog (MWD) assigned to Naval Station (NAVSTA) Rota Security Department. Her handler, Master-at-Arms 3rd Class Noelle Lutes, helped her out with the questions and provided Tara's "voice."

"My daily duties are searching for explosives at different areas around base for training purposes," said Tara. "Pretty much a game of hide and seek every day...and providing visual deterrent for security."

Tara went to Department of Defense (DoD) training facility at Lackland Air Force Base in Texas. During her training there, she learned all the techniques required to be a MWD such as obedience and detecting explosives. Tara then reported to Bahrain before moving to NAVSTA Rota in 2018. She also completed a deployment to Djibouti in 2019-2020 with Master-at-Arms 3rd Class Mequila Murarik.

Tara's favorite thing about being stationed at Rota is, "getting to explore different areas of the base and interacting with a lot of people."

Outside of work, Tara trains daily with her handler MA3 Lutes. Lutes teaches her new ways to search and different commands/tricks to follow.

Tara prefers Spain to Bahrain because it's "not as hot and the people are nicer."

A self-described "crowd favorite" with the Rota community, Tara enjoys chasing butterflies, playing, trying to find cats, or practicing her favorite trick the "spin" in her free time.



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CTF 68 Seabees Complete Concrete Roof in Rota

Story by MC2 James Hong
Naval Mobile Construction Battalion 11

U.S. Navy Seabees, assigned to Naval Mobile Construction Battalion (NMCB) 11, completed the overhead placement of a concrete roof for the military working dog (MWD) kennel project in Naval Station Rota, Spain, Feb. 10, 2023.

Over the course of their deployment to Rota, 24 NMCB 11 Seabees laid down two tons of reinforcing steel and 750 square feet of formwork in order to place 25 cubic meters of concrete for a complex Spanish roof system on the kennel's office building.

The MWD crew was challenged by the

complexity of the monolithic concrete roof, which required the overhead placement of two separate angled portions and the incorporation of weight-reducing clay blocks not typically used in Seabee construction.

However, through long working hours, extensive problem solving and precise decision-making, the crew was able to construct the roof on schedule and with zero deficiencies.

"This style of roof had never been done by these Seabees before... in the end, the crew overcame all the challenges and finished the placement on time," said Steelworker 1st Class Cory Migneault, project crew lead. "If there is one thing that I hope the crew takes away from this experience, it would be the project knowledge gained and how much it helped them grow as Sailors."

The overhead placements were done in three separate phases. As each phase of the roof was completed, the crew gained more knowledge and hands-on experience.

"Going into Phase



Photos by MC2 James Hong

Photo, left: Builder 3rd Class Blaine Basse, assigned to Naval Mobile Construction Battalion (NMCB) 11, handles a concrete pump on the military working dog kennel project site onboard Naval Station Rota, Spain, Feb. 2, 2023. **Photo, center:** Ensign Tanner Dotson, assigned to NMCB 11, shovels concrete on the roof of a project site onboard Naval Station Rota, Spain, Feb. 2, 2023. **Photo, right:** Builder 3rd Class Gunner Johnson, assigned to NMCB 11, handles a piece of plywood on a project site onboard Naval Station Rota, Spain, Dec. 21, 2022.

2, we tried to implement the lessons we learned from Phase 1. They put their noses to the grindstone, pushed through long hours in the cold rain, and worked weekends in order to complete a bigger placement in half the time," said Migneault. "I think it speaks to the work ethic, mental fortitude, and resiliency of each crew member that worked on MWD."

Following the completion of the roof, the crew will turn over the MWD project to Seabees assigned to NMCB 1, as NMCB 11 prepares to return to homeport in Gulfport, Mississippi following a successful deployment to the U.S. Naval

Forces Europe-Africa and U.S. Sixth Fleet areas of operation in direct support of Commander, Task Force (CTF) 68.

CTF 68, headquartered in Rota, Spain, commands all Navy Expeditionary Forces in the U.S. European Command (USEUCOM) and U.S. Africa Command (USAFRICOM) areas of responsibility and is responsible for providing EOD operations, naval construction, expeditionary security, and theater security efforts in direct support of U.S. Naval Forces Europe-Africa (NAVEUR-NAF) and U.S. Sixth Fleet.



Courtesy photo

A photograph of the completed roof laid down by Naval Mobile Construction Battalion (NMCB) 11 on the military working dog kennel project site onboard Naval Station Rota, Spain, Feb. 2, 2023.

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Eaglet Inventors: Third Graders in Mrs. Marla Echol's Class Present their Inventors and Inventions

From Marla Echols' Third Grade Class
Rota Elementary School

Have you ever felt nervous? Have you ever given a presentation? Well we are going to tell you how we felt doing our invention presentations. We, Mrs. Echols third grade eaglets, also known for a short time as inventors, gave a presentation about inventions that have made an impact on the world.

First, we had to choose our invention. Then, we gathered information about the inventor and invention. Next, we did an opinion essay about what we felt the value of the invention is. In addition, we did a Google slideshow presentation that included pictures of our inventions and inventors. This all led up to us presenting in Rota ES (DGF) library on Feb. 23, 2023.

On presentation day, we dressed as our inventors, brought copies of our

inventions that we made and shared our information. After the presentations, we had a walkthrough for others to see our replicas.

"This experience helped me overcome my feelings of stage fright," said Elikai Mark.

Presenting in front of an audience of classmates, parents, and other teachers was scary but we all got through it. We were able to get through it together because we practiced in class and gave each other feedback that helped us on the actual day. Also having our parents, classmates, and teachers encouraging us was helpful.

All in all we gave our presentations even though we were nervous and scared. We learned that getting through our fears is complicated but we can believe in ourselves and know we can succeed. "I BELIEVE I can I KNOW will... SUCCEED!" - Class motto



Courtesy photos

Authors of this Article: Cameron Aviles, Daniel Thrweatt, Elikai Mark, Taryn Bader, Cali Pollock, and Maddy Goodwin

Contributing Authors: Rose Hartley, Harper Herrmann, Madison Leader, Ruth Lukemire, Emery Mueller, Marshane Pitts, Kaylin Shepard, Logan Smith, Ethan Summerour, Maliah Washington, Colin Williams, Hunter Kopera, and Mrs. Echols



SLO Notes

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

Women's History Month Essay Contest

March is Women's History Month. Choose one of two writing prompts below and write a short essay to submit to the School Liaison. Each grade has specific requirements: Grades K-2: 50 words; Grades 3-5: 100-150 words; Grades 6-12: 250-300 words.

Choose one (1) writing prompt:

1. Who is your favorite historical female figure? What do you admire about her?
2. When do you think America will have its first female president?

3. What are some of the biggest challenges that women face today? How will these change in the next 20 years?

Submit your essay to the school liaison via email at SLORota@eu.navy.mil by Friday, March 24. First and second place in each age category will win a gift card. Winning essays will be shared in the April SLO newsletter. For more information, call the SL at DSN 727-2425.

Teen Resume & Interview Workshop

Calling on high school students that want to prepare for teen summer hire (if offered) or summer employment stateside, with the NEX, or MWR. Learn about resume writing, interview skills, and dressing for success. Contact the School Liaison for more information.

Who: Teens, age 16 and up
When: March 23, 2023 @ 2:30 pm
Where: Youth Center

Spanish Schools Individual Information Appointments

The School Liaison will assist families planning to enroll their child/children into Spanish schools for school year 2023-24 and might need help with the process. March is the annual registration month for Spanish schools.

Sessions are open to all NAVSTA Rota families by appointment only. Sessions are held at the school liaison office located inside the School Age Care (Bldg. 41). For more information or to make an appointment, contact SLORota@eu.navy.mil or call DSN 727-2425 or commercial, +34 956-82-2425.

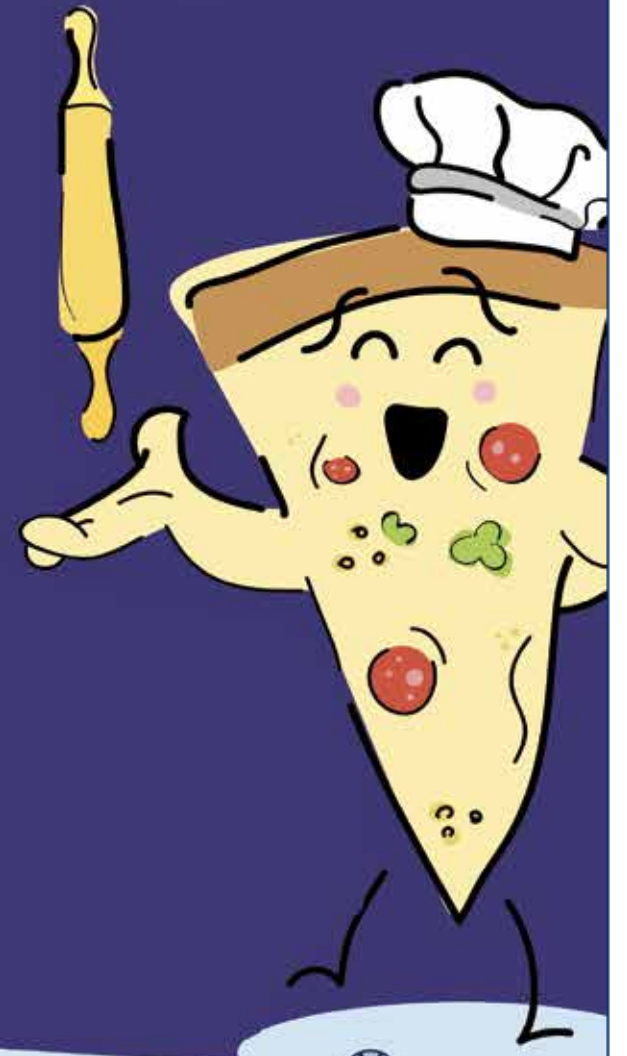


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NAVSTA Rota Holds Simulated HSM-79 Helicopter Crash Exercise

Photos by MC2 Hannah Fry



Firefighters assigned to Naval Station (NAVSTA) Rota carry Lt. Cmdr. Scott McDonald, a helicopter pilot assigned to Helicopter Maritime Strike Squadron (HSM) 79, during a helicopter crash training exercise on the flight line onboard NAVSTA Rota, Feb. 28, 2023.



A firefighter assigned to Naval Station (NAVSTA) Rota responds to a helicopter crash training exercise on the flight line onboard NAVSTA Rota, Feb. 28, 2023.



Lt. Cmdr. Scott McDonald, a helicopter pilot assigned to Helicopter Maritime Strike Squadron (HSM) 79, conducts training for firefighters assigned to Naval Station (NAVSTA) Rota on the flight line at NAVSTA Rota, Feb. 28, 2023. As the "Gateway to the Mediterranean," NAVSTA Rota provides U.S., NATO and allied forces a strategic hub for operations in Europe, Africa and the Middle East. NAVSTA Rota is a force multiplier, capable of promptly deploying and supporting combat-ready forces through land, air and sea, enabling warfighters and their families, sustaining the fleet and fostering the U.S. and Spanish partnership.



Photo, upper left: Firefighters assigned to Naval Station (NAVSTA) Rota triage a simulated injury during a helicopter crash training exercise on the flight line onboard NAVSTA Rota, Feb. 28, 2023. **Photo, upper right:** Firefighters assigned to Naval Station (NAVSTA) Rota triage a simulated injury during a helicopter crash training exercise on the flight line onboard NAVSTA Rota, Feb. 28, 2023. **Photo, left:** Lt. Jack Raccato, a helicopter pilot assigned to Helicopter Maritime Strike Squadron (HSM) 79, is treated by a firefighter during a helicopter crash training exercise on the flight line onboard NAVSTA Rota, Feb. 28, 2023.



Firefighters assigned to Naval Station (NAVSTA) Rota triage a simulated injury during a helicopter crash training exercise on the flight line onboard NAVSTA Rota, Feb. 28, 2023.



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NAVAL STATION ROTA COMMUNITY RESOURCES

ALCOHOLICS ANONYMOUS MEETINGS

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

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

AL-ANON MEETINGS

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

AMERICAN RED CROSS

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

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

AMERICAN RED CROSS EMERGENCY COMMUNICATIONS SERVICE

Red Cross Emergency Messages services operate 24/7. If you have a family emergency during business hours, call us immediately at DSN (314) 727-2333 or +34 956-82-2333. After hours or on weekends, our national call center can be reached at +1 (877) 272-7337. Messages can also be initiated online, at <https://www.redcross.org/military-emergency-communication.html>

ROTA EDUCATION CENTER

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

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

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

NMCRS Business Office

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

First Floor, Community Support Building (Bldg. 3293)

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

After Hours Duty Cell: +34 660 984 511

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

Email: rota@nmcrs.org

Facebook: www.facebook.com/nmcrsrota

NMCRS Lactation Room

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

NMCRS Thrift Shop

Hours of Operation

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

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

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

NMCRS Casework and Classes

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

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

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

office to schedule one of these classes.

UPCOMING NMCRS AND HOSPITAL MATERNAL PROGRAMS AND CLASSES:

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

NMCRS: VOLUNTEER WITH US!

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

PRESCHOOL SERVICES FOR CHILDREN WITH DISABILITIES

Child Find for children three to five years of age is an ongoing outreach program that locates and identifies children who may have developmental delays or educational disabilities and need special services. If you have concerns regarding your child's development, please contact DSN 727-4185/4435 or commercial, +34 956-82-4185/4435.

USO ROTA

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

WIC OVERSEAS

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







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

HRO

<http://www.NavyExchange.jobs>

A graphic with a red border. At the top, a dark blue banner contains the text "NAVY-MARINE CORPS RELIEF SOCIETY" in white. Below this is the large, bold, blue text "JOIN OUR TEAM!". Underneath, the text "Scan the QR code and select 'Volunteer With Us' to begin the application process!" is displayed. At the bottom is a circular QR code that incorporates the Navy-Marine Corps Relief Society logo in the center.

A horizontal banner for South-Ink-Tattoo. The background is dark brown. At the top center, the name "SOUTH-INK-TATTOO" is written in a large, stylized, white serif font with gold outlines. To the left of the name, it says "We have GIFT CARDS!" in bold white text. To the right, the phone number "+34 616 961 621" and email address "SOUTHINKTATTOOSTUDIO@GMAIL.COM" are listed in white. Below the text, there are six small square images showing various tattoo designs: 1) A woman's face with heart-shaped sunglasses and a lollipop. 2) An arm with several faces stacked vertically. 3) A woman's face with a rose on her cheek. 4) A hand holding a gun. 5) A cobra snake. 6) A man's face with a mustache.

U. S. Naval Hospital Rota Birth Announcements

Thorin M. Spencer
born February 19, 2023
to Luke Spencer and Vanessa Baume-
Spencer
Weighing 8 lbs

McKenna R. Meehan
born February 23, 2023
to Daniel and Jamie Meehan
Weighing 6 lbs 4.2 oz

Welcome
BABY

SLO NOTES

Continued from page 18

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

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

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

CYP: Beate Medina, +34-642-519-746
Rota ES: Doug Detwiler, +34-624-

262-856

Rota ES: Nancy Pedagno, +34-641-482-865

DGF M/HS: Shana Vargas, +34-624-285-707

Adult MFLCs working with the DESRON families:

Thereza (Terry) Hernandez, +34-722-144-636

Zahira Diaz Lopez, +34-624-368-371

Joyce Evangelist, +34-643-509-600 (remotely)

Call the SLO before You GO

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

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