

# COASTLINE

November 20, 2025 / Volume 35, Issue 10

U.S. Naval Activities Spain



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## Planning For Balance: Work, Life, and the Holidays Ahead

### Leadership Corner



**CMDCM  
Donald R. Alvarado**

Rota Family,

Greetings! It has been a very busy few months for all of us. I want to take this opportunity to congratulate our newly promoted Chief Petty Officers, families, mentors, and fellow shipmates who supported the Mess throughout their journey.

We are proud to celebrate this important milestone in your careers. The strength of our command lies in the caliber of our people, and the Chiefs' Mess plays a critical role in mission success, day in and day out. We recognize the hard work and dedication each of you has demonstrated to earn your place

among the Chief ranks. To wear the anchors is to accept a lifetime of responsibility and a commitment to serve others above self.

As the holiday season approaches, it is the perfect time to check in on one of the most important aspects of mission readiness: work-life balance.

Here at NAVSTA Rota, we asked for a lot of our Sailors and civilian workforce — and you deliver. However, with high operational demands, it is essential to carve out time to rest, reconnect with family, and recharge.

Having a holiday plan is a powerful tool for balance. Whether you are staying local or traveling, plan ahead with your chain of command. Make use of your leave wisely and ensure coverage, so your team remains mission-ready while you enjoy well-earned downtime with loved ones.

Start by identifying key dates for both work and personal priorities. Communicate early with your team and supervisors, and offer flexibility — others are planning time off too. If you are far from family this season, consider participating in base events or local community celebrations to stay connected. Our MWR Team has a few events lined up so make sure you follow them on social media.

Our Fleet and Family Support Center (FFSC) team are standing by to assist you and will continue to provide quality of care and service.

Taking care of yourself is not a luxury — it is a necessity. A well-rested, mentally healthy force is a ready force. Whether it is a quiet dinner with friends or a trip home, the holidays are a time to refocus and reconnect.

So, make a plan, stick to it, and support your shipmates as they do the same. Here's to a joyful, balanced, and safe upcoming holiday season at NAVSTA Rota!

Hooyah!

Sincerely,  
CMDCM(SW/AW/IW) Donald R. Alvarado  
Command Master Chief  
Naval Activities Spain & Naval Station Rota

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## On The Front Cover



U.S. military personnel assigned to Naval Station (NAVSTA) Rota, Spain, U.S. Embassy Madrid, NATO Combined Air Operations Center, and National Support Element Madrid and their families hold the American flag during an NFL pre-game ceremony in Madrid, Nov. 16, 2025. (U.S. Navy photo by Mass Communication Specialist 1st Class Drace Wilson)

### Do You Like to Write or Take Photos?

The Coastline is always 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? If so, we want to hear from you! Please send story and photo submissions or story ideas to The Coastline at rotacoastline@gmail.com.

**Publication is subject to approval.**

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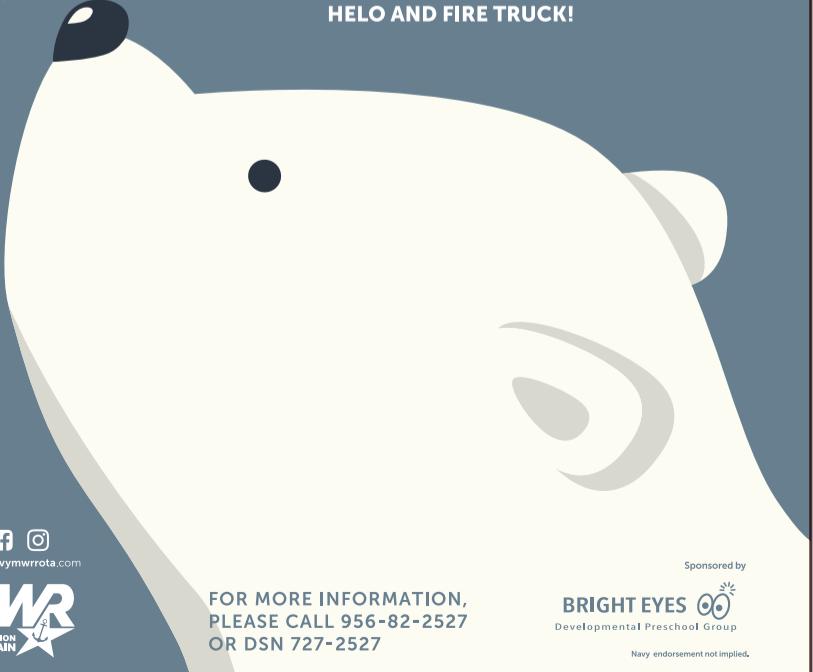
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# Sipping Through Southern Spain: Welcome to the Sherry Triangle

The contributors are co-founders of a seasoned agency committed to assisting expatriates with navigating Spanish culture and lifestyle. With extensive experience in translation, interpretation, and cultural coaching, they equip expats with the tools and knowledge necessary for a seamless integration into Spanish society.



By Brenda Navarro & Ellie McDonald  
Contributing Community Members

If you've recently arrived in Rota or anywhere near the Bay of Cádiz, there's something you should know: you're not just living in Spain, you're living in the heart of the legendary "Sherry Triangle." This isn't just wine country. It's centuries of history, barrels of tradition, and some of the best wines in the world. So pour yourself a glass (or better yet, head to a bodega), and let's get to know what's flowing just beyond your doorstep.

## What is the Sherry Triangle?

The triangle refers to three historic towns in Cádiz province: Jerez de la Frontera, El Puerto de Santa María, and Sanlúcar de Barrameda. These are the only places in the world where true sherry or Jerez, as it's called in Spanish, can be produced under the Denomination of Origin Jerez-Xérès-Sherry.

Each corner of the triangle brings something unique to the table. Jerez is the commercial and historical heart of sherry, El Puerto is known for its maritime influence, and Sanlúcar (just across the river from Doñana National Park) is famous for Manzanilla, a lighter, saltier cousin of fino that pairs beautifully with seafood.



## A Quick Sherry Primer

Let's clear something up: sherry is not just a sweet wine your grandmother sipped on holidays. In fact, most sherries are bone dry, nuanced, and wildly food-friendly. Here's a breakdown of a few key types:

- **Fino:** Pale, dry, crisp, and aged under a layer of yeast called flor that protects it from oxygen. It's the ultimate aperitif, especially with almonds or jamón.
- **Manzanilla:** A type of fino made exclusively in Sanlúcar de Barrameda. It's dry, light, and has a slightly saline quality thanks to the coastal climate.
- **Amontillado:** Starts as a fino, but later loses its flor and ages oxidatively, giving it a richer, nuttier flavor.
- **Oloroso:** Made without flor, oloroso is deep, dark, and robust. Think dried fruits, toasted nuts, and serious complexity.
- **Palo Cortado:** The unicorn of sherry. It begins like a fino but spontaneously develops traits of an oloroso. Rare, mysterious, and much-loved by sherry aficionados.
- **Pedro Ximénez (PX):** Made from sun-dried grapes, PX is sticky, sweet, and luxurious—like liquid raisins in a

glass. Perfect over vanilla ice cream.

## Grapes and Harvest

The primary grape for most sherries is Palomino Fino, a relatively neutral grape that lets the winemaking and aging process take center stage. For sweet sherries like PX and Moscatel, the namesake grapes are used and dried under the sun before pressing to concentrate their sugars.

Harvest season begins in late August to early September, when the hot Andalusian sun has worked its magic. If you're around at the right time, some bodegas offer harvest tours or special tastings—a great way to experience the winemaking process from the vine to the glass.

## Visiting the Bodegas: Tradition in Every Barrel

Bodega visits in the Sherry Triangle are not just wine tastings—they're full-on cultural experiences. You'll walk through cathedral-like aging cellars with rows of American oak barrels stacked in the traditional solera system, a complex aging method that blends younger and older wines to achieve remarkable consistency and depth.

You'll often hear locals talk about la madre del vino—the wine's "mother"—referring to the active biological layer of yeast in the barrel that's responsible for the flor. This, plus the unique humidity and temperature of the region, is what gives sherry its unique personality.

But for a more intimate look at the region's winemaking culture, smaller family-run bodegas offer something truly special. These visits tend to feel less like tours and more like stepping into someone's living history. We always enjoy spending time in these tucked-away wineries—there's a warmth, authenticity, and personal care that makes the experience feel like home. You might not find them on the big travel sites, but they're often the places that linger longest in memory.

## Off the Beaten Path

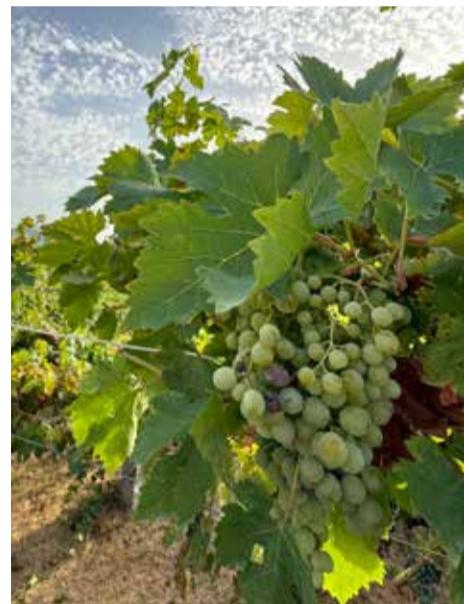
If you're looking to go beyond the polished tours and glossy brochures, head into the smaller towns and lesser-known corners of the triangle. Places like Chipiona, Trebujena, or Chiclana de la Frontera have their own winemaking traditions and offer a more rustic and personal experience.

Ask around, pop into a local tabanco (traditional sherry bar), and follow your nose—or your palate. The less advertised the bodega, the more likely it is that you'll stumble upon an experience that's heartfelt and unforgettable.

## Why It Matters

Sherry is more than just a drink—it's a window into Spanish history, agriculture, and community. Understanding it gives you a deeper appreciation of Andalusia and the people who have called this region home for generations.

So the next time someone asks, "Have you tried the sherry here?"—don't just nod politely. Go out and explore. There's a whole world of flavor waiting just beyond your base gate.



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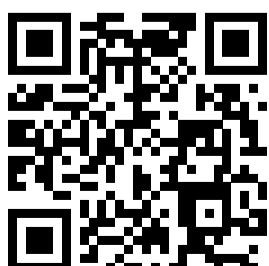
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# MWR Hosted Flag Football Game with NFL Legends

In celebration of the first-ever NFL game in Spain, MWR Rota hosted an action-packed flag football game that brought together Naval Station (NAVSTA) Rota personnel from all over the installation. Service members, civilians, and teammates from across the community showed up ready to compete and connect with just the right amount of friendly rivalry.

The main highlight? The game was coached by NFL legends Ryan Tannehill and Joe Theismann, who brought real pro-level insight and plenty of unforgettable moments to the sidelines. Talk about a once-in-a-lifetime huddle!



**Rota**

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from 5th. to 8th. December

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Rota, Christmas 2025





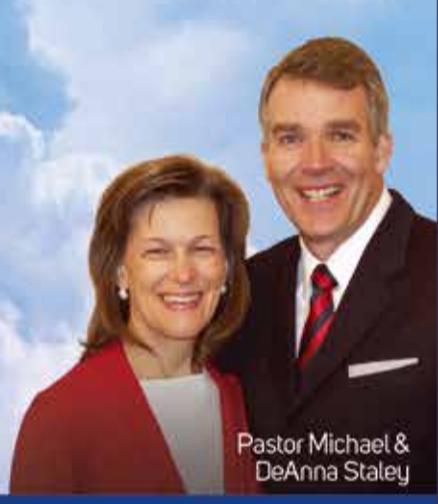
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## PUBLISHER'S CORNER

### DISCOVER THE FLAVORS OF ROTA: EL EMBARCADERO, LA GAVIOTA AND AQUA

If you're looking to enjoy authentic Andalusian cuisine, here you have three of the town's most iconic restaurants — El Embarcadero in hotel Duque de Nájera, La Gaviota in hotel Playa de la Luz and Aqua in Punta Candor Suites.

Each offer a unique dining experience that blends fresh local seafood, traditional Spanish flavors, and unparalleled locations.

- El Embarcadero

Located near the marina, El Embarcadero is known for its relaxed atmosphere and fresh, seasonal dishes. It's the perfect spot to enjoy classic Spanish tapas, fresh-caught fish, and a glass of local sherry or Tierras de Cádiz wine. Kitchen is open nonstop from 13 hrs.

- La Gaviota

La Gaviota has been a favorite among locals for years, thanks to its exceptional location and the warm service. Here, you can savor rice cooked in different styles, fried fish, and other Andalusian specialties in a cozy setting that makes you feel right at home.

- Aqua

For a more modern take on Mediterranean dining, Aqua is the place to go. With its contemporary and cozy design, Aqua offers creative dishes that combine Spanish tradition with a touch of innovation. Every Thursday they offer a special menu paired with local beers by Malandar, don't miss it!



Whether you're in the mood for a casual tapas evening, a taste of authentic Andalusian cooking, or a stylish dining experience with a view, Rota's El Embarcadero, La Gaviota, and Aqua will make your visit unforgettable. Please see their advertisement in the newspaper for more information.

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# Health Promotions: Great American Smokeout

By Devin Evans

Naval Hospital Rota, Health Promotions Department

It's November, the leaves are changing colors, the weather is cooling, and all of the Holidays are just around the corner. And don't forget that the third Thursday in November is the Great American Smokeout!

Deciding to quit tobacco is one of the most important steps you can take to improve your health. Preparation is key to quitting successfully, and making a plan to stop is the first step. Consider your motivation to quit and talk to your health care provider to prepare for possible triggers and obstacles that may arise. This will help increase your chances of success.

Deciding to quit smoking is the first step; however, it is important to examine your motivation for quitting. Take time to identify your reason or your "why". It is helpful to write down one reason each day and display it in a visible location. This will help keep you engaged in your decision to quit smoking.

Your second step is picking a quit date and who will be in your quit smoking support team. Deadlines are a great way to create finish lines. The time between deciding to quit and your actual quit date is important for success. Remember to give yourself enough time to reflect and plan but not too much time which may create a delay or influence you to reconsider your decision to quit.

Remember that no one needs to



complete a hard task alone. Identify a network of people for support. This is a good time to share your quit date with someone who can become part of your journey. Having someone or several people who know about your plan and desire to quit will increase accountability and your chances of quitting.

So now that the date is set, begin tracking your relationship with tobacco. Write down the times of day when you use tobacco and how much you use. You can choose to quit with the help of a health professional, a self-paced program, or purely on your own, but knowing about your habits is very helpful. No matter what decision you make for your approach to quitting, it is advised that you discuss your intention to quit with a healthcare provider. They can support your decision with recommendations like medication, counseling, and education.

Start creating a step-by-step process for quitting and write it down. Identify your triggers (boredom, hunger, etc.) and then create a list of alternatives



like chewing gum or having a healthy snack. It is also time to remove all of the items that can trigger use. Clean out old lighters, ashtrays, dip cans, e-cigarettes, and pouches.

Cravings will come and when they do, be prepared. One strategy is the four D's: Delay smoking by ten minutes as many times as possible. Deep breath while delaying the urge. Drink some water and hydrate. And the last D is for distraction. Find something else to do with your time. Be sure to plan for difficulties and slip-ups as they may occur.

Now do it! You have the support team in place, your timeline is identified, you threw out the past and are looking towards a smoke-free and healthy future. Feel free to reach out to your medical provider for additional resources as well as your support team. In the end, celebrate your decision to quit and follow through for your loved ones and ultimately for yourself!



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## **NAVSTA Rota Sailors, American and Spanish Firefighters participate in Firefighter Competition**

Photos by MC2 Jett Morgan

Teams from around Naval Station (NAVSTA) Rota, Spain, performed a variety of firefighting skills such as fire truck pull, bucket brigade, and more as part of the annual fire muster on Sept. 8, 2025. NAVSTA Rota Fire and Emergency Services hosted the competition to bring awareness to fire safety within the NAVSTA Rota community.



# Fire Safety Tips for the Upcoming Holiday Season

Hello Team Rota,

It has been a busy and meaningful few months for your Rota Fire and Emergency Services team, and I wanted to take a minute to share what we have been up to.

We started the fall season by coming together for the September 11 remembrance events. That morning, we hosted our annual 9/11 Memorial Run to honor the lives lost and the heroes who answered the call that day. Later, many of us gathered at the base chapel for the remembrance ceremony. It was a moment to reflect, remember, and stand together as a community. It serves as a powerful reminder of why we do what we do and the importance of staying ready to serve others.

October kept us moving with Fire Prevention Week activities, held this year from October 5 through 11. The theme for 2025 was "Charge into Fire Safety: Lithium-Ion Batteries in Your Home", focusing on how to use and store batteries safely to prevent fires. Throughout the week, our firefighters led several outreach events across the installation to help raise awareness about safe battery use and overall fire safety.

One of the biggest highlights was our Firefighter Muster Challenge, where different commands joined us for a day of teamwork and competition. We had teams giving their all in the truck pull, bucket brigade, and firefighter challenge course. Everyone brought great energy, but a big

congratulations goes out to 22 NCR for earning the top spot for 2025.

We also spent time with students at Rota Elementary School, where our firefighters showed the trucks and equipment and talked to the kids about what we do.

Our commitment to community outreach doesn't stop there. You have probably seen our Rota Firefighters Association around the installation hosting fundraising events throughout the year. These events are a fun way to connect with the community and, more importantly, they help us give back to those who need it most. Thanks to your continued support, we recently donated food and supplies to Asociación Saber Que Se Puede, a local food bank, and made a monetary donation to Asociación Rolucan Rota, the local organization supporting breast cancer awareness. I could not be prouder of our firefighters for their continued efforts to serve both on and off duty, and for their dedication to helping others here in Rota and beyond.

As we head into the holiday season, I want to remind everyone to keep safety in mind. It is easy to get caught up in the celebrations with decorations, cooking, and travel, but it is also the time of year when fire risk increases. The National Fire Protection Association (NFPA) offers the following safety tips to help keep your home and family safe this holiday season:

1. Inspect electrical decorations for

damage before use. Cracked or damaged sockets, loose or bare wires, and loose connections may cause a serious shock or start a fire.

2. Do not overload electrical outlets. Overloaded electrical outlets and faulty wires are a common cause of holiday fires. Avoid overloading outlets and plug only one high-wattage item into each outlet at a time.

3. Never connect more than three strings of incandescent lights. More than three strands may not only blow a fuse, but can also cause a fire.

4. Keep trees fresh by watering daily. Dry trees are a serious fire hazard.

5. Use battery-operated candles. Candles start almost half of home decoration fires.

6. Keep combustibles at least three feet from heat sources.

7. Protect cords from damage. To avoid shock or fire hazards, cords should never be pinched by furniture, forced into small spaces such as doors and windows, placed under rugs, located near heat sources, or attached by nails or staples.

8. Check decorations for a certification label. Decorations not bearing a label from an independent testing laboratory such as Underwriters Laboratories (UL), Canadian Standards Association (CSA), or Intertek (ETL) have not been tested for safety and could be hazardous.

9. Stay in the kitchen when something is cooking. Unattended cooking equipment

## Leadership Corner



**Richard G. Henderson**  
Installation Fire Chief

is the leading cause of home cooking fires.

10. Turn off, unplug, and extinguish all decorations when going to sleep or leaving the house. Unattended candles are the cause of one in five home candle fires.

Thank you, Team Rota, for your continued support and trust. It is an honor to serve this community alongside such dedicated people. On behalf of the entire Rota Fire and Emergency Services team, I wish you and your families a safe and happy holiday season.

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**Little John**

# MWR Hosts a Halloween Trunk-or-Treat Event

Families from Naval Station (NAVSTA) Rota gathered at the drive-in theater on Oct. 25 for the annual Trunk-or-Treat event, transforming the area into a festive Halloween lane filled with decorated vehicles, costumed volunteers, and plenty of candy. Hosted by MWR, the event brought together service members and their families for a safe, family-friendly evening of fun. Participants enjoyed themed trunks, music, games, and a chance to connect with others across the installation. The event highlighted the ongoing commitment of NAVSTA Rota in fostering community spirit and supporting military families.



# NAVSTA Rota Opens Its Gates for Halloween Trick-or-Treaters

Local residents from the city of Rota joined service members and families at NAVSTA Rota on Oct. 31 as the installation opened its gates for an evening of Halloween trick-or-treating. The streets were packed with kids of all ages, dressed in costumes ranging from spooky to sweet, as on-base residents handed out lots of candy and greeted the incoming visitors. The event not only offered a safe, festive environment for children and teens but also provided a meaningful opportunity to strengthen the bond between the U.S. and Spain. By welcoming local families onto the installation, NAVSTA Rota underscored its commitment to friendship, cultural connection, and continued partnership within the surrounding Spanish community.



# Let's Eat!

By Pilar Ruiz

Today we will be cooking a fish recipe that we really enjoy at home, and as you will see, it is very easy to cook. You can cook this dish with other types of fish such as grouper, monkfish and cod.

Hake in Parsley Sauce with Shrimp is a classic dish from the Spanish



Have any comments or questions? We'd love to hear from you! You can email us as [pilaraprendiendoacocinar@gmail.com](mailto:pilaraprendiendoacocinar@gmail.com).

## Hake in Parsley Sauce with Shrimp

Atlantic coast, where the freshness of the sea meets the simplicity of home cooking. This recipe combines tender hake fillets with shrimp, parsley, and a light white wine sauce — a comforting, flavorful meal that feels both traditional and refined. Whether shared at a family table or served to friends, it brings the taste of Southern Spain straight to your plate.

### Ingredients:

½ onion  
2 garlic cloves  
¼ green bell pepper  
1 bunch of fresh parsley  
1 chili pepper (optional)  
3 Tbsp (50 ml) extra virgin olive oil  
½ cup (75 g) all-purpose flour  
(we used corn flour for a gluten-free version)  
3 hake fillets  
½ cup (100 ml) light olive oil for searing the fish  
½ cup white wine (we used Mayeto from Bodegas El Gato, Rota)  
2 cups (½ liter) fish stock  
9 shrimp  
1 tsp salt



1 tsp cornstarch (optional, for thickening the sauce if needed)

### Method:

Chop the onion, garlic, green pepper, parsley, and chili pepper (if using) and set aside.

Heat the extra virgin olive oil in a large pot over medium heat. Add the onion, garlic, green pepper, and chili pepper, and cook until the onion turns translucent. Stir in the parsley and let everything simmer gently for 5 minutes.

Meanwhile, coat the hake fillets in flour on both sides. Heat the light olive oil in a skillet and sear the fish for a couple of minutes per side until lightly golden. Set aside.

Add the seared hake to the pot with the veggies. Pour in the white wine and bring the heat up to let the alcohol evaporate, about 5 minutes. Then lower the heat and add the fish stock.

When the mixture comes back to a boil, add the peeled shrimp on top of the fish. Season with salt and plenty of chopped parsley. Cover and let it all cook together for 5 minutes.

Remove the fish and shrimp and blend the sauce until smooth (a hand blender or regular blender works great).

Return the sauce, fish, and shrimp to the pot. Simmer everything together for another couple of minutes so the flavors meld.

Turn off the heat and let it rest for a few minutes before serving.

Serve the fish with the hot parsley sauce, accompanied by rice or your favorite side.

Enjoy this simple yet flavorful dish — perfect for family or friends!

## Your Service Inspires Ours

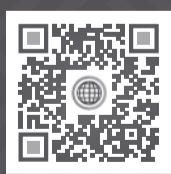
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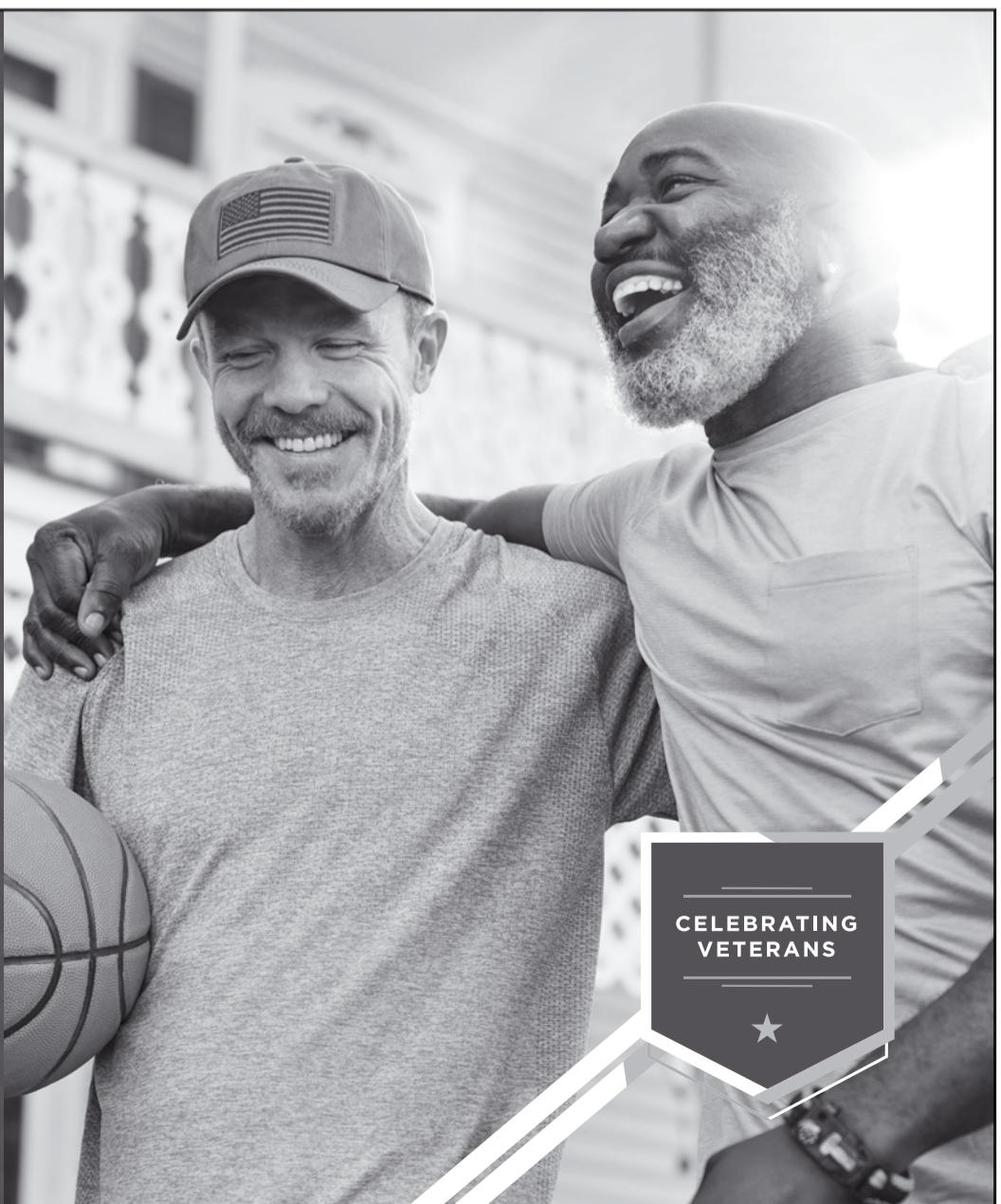


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# COMPASS Rota: Guiding Spouses Through Navy Life

By Amanda Trejo

COMPASS Rota Assistant Team Lead

A new program is making waves at Naval Station Rota by bringing Navy spouses together to learn, connect, and grow. COMPASS Rota, which launched in January of this year, has already completed four successful sessions and continues to build momentum within the community.

The program is part of the Naval Services FamilyLine, a nonprofit organization dedicated to strengthening and supporting Navy families worldwide. What makes COMPASS unique is its volunteer-led, mentorship-based approach: it is run by spouses, for spouses.

COMPASS is a curriculum-based

program designed to provide practical knowledge, resources, and confidence to military spouses. Over the course of three days, participants explore a wide range of topics, including United States Naval history and traditions, finances (such as how to read a 'Leave and Earnings Statement', or LES), PCS (Permanent Change of Station), deployment, healthy communication, and local insights to help newcomers settle into Rota and the surrounding area. The sessions are not only educational but also interactive, giving spouses a space to ask questions, share experiences, and build connections. And because Navy life has its own language, COMPASS also helps spouses make sense of all those abbreviations and acronyms.

"COMPASS gave me a much deeper understanding of navy life and made me realize the program was for all spouses," shared Tré, a participant-turned-volunteer and mentor.

Since its launch in January, COMPASS Rota has already completed four successful sessions. "I'm passionate about COMPASS because military life is always changing—you don't know what you don't know until you need to know it," explained a Founding Mentor & Former Team Lead, Kristy. "COMPASS is a great way to connect with other spouses navigating the joys and challenges of this lifestyle. You're not alone!"

The New Team Lead, Heather, said she's eager to give back to the program

that supported her early on. "COMPASS empowered me as a new spouse, and I'm grateful to pay it forward," she said.

"Having mentors and a strong community truly makes a difference for our families."

Looking ahead, the next COMPASS Rota sessions that are scheduled for 2026 are on January 26–28, February 23–25, April 13–15, and May 4–6. All sessions will be held at 9:30 a.m.

From 1:30 p.m. at the NAVSTA Rota Chapel Fellowship Hall. Space is limited, so don't forget to register.

In addition to participants, COMPASS is also looking for volunteers to help the program continue to thrive. Mentors—spouses who have been married at least three years, completed at least

one PCS, and finished the COMPASS course and mentor training—play a vital role in the program. COMPASS also relies on Food Angels to help prepare the light breakfast and lunch offered each day—yes, participants are fed! To make attendance easier for parents, COMPASS also provides babysitting reimbursement at \$8 per hour (the current CDC rate) with a maximum reimbursement of \$96, and babies in arms are always welcome.

By combining mentorship, education, and community, COMPASS Rota empowers spouses to thrive and strengthens the Navy family here in Spain. With four sessions already completed since its launch, the program is proving to be an invaluable resource for spouses stationed in Rota.



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## Nazaret Luna

Nazaret Luna, from Rota, Spain, is currently the Customs Clearance Officer Assistant at NAVSUP FLCSI. Nazaret has previously worked at the Naval Station (NAVSTA) Rota Galley and recently celebrated her 15th anniversary with the military as a local national! Her main focus is on the clearance of goods through national airports and to track products subject to special taxes for both Rota and Moron bases. She greatly enjoys the wide range of activities that NAVSUP handles each day because they are crucial for the base's operations.

"This makes my work feel truly meaningful, as we are a key part of making sure everything runs smoothly" says Luna.

Additionally, her role includes managing all the documentation for the customs office. She even implemented a customs document tracking system that

is effective in preventing certain problems in the future. It is so successful that other customs teams at different bases have since replicated it.

"It is something I love to do after studying Documentation and Information Management at the University of Granada" expressed Luna.

Nazaret is an avid writer and a talented flamenco dancer! It's actually a hobby that she has dedicated herself to since she was a child. She is also actively involved in local community events. In October, she will be part of the jury for the City Council's "Dama Mayor" selection as part of the Patron Saint Festivities.

"I value my connection to both Rota and the Naval Base. I am a proud local who sees the base as a wonderful opportunity for cultural exchange and mutual enrichment, bringing our communities closer together" shares Luna.



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# Sailors Lend Helping Hands at Rota Animal Shelter

by LTJG Jonas Greer

USS Paul Ignatius (DDG 117)

On Nov. 4, 2025, 25 Sailors and spouses from the USS Paul Ignatius (DDG 117) dedicated more than 50 collective hours to a community relations (COMREL) project supporting the Rota Animal Welfare League (RAWL). Their efforts transformed the shelter grounds and strengthened ties with the local community.

The volunteers tackled a range of tasks at RAWL's shelter on Naval Station Rota, including clearing overgrown weeds, trimming and pruning plants, and priming and painting sections of the office and maintenance building. Their work not only beautified the property but also enhanced safety and play space for the animals in RAWL's care.

RAWL staff expressed heartfelt appreciation for the team's initiative, noting that the work addressed long-standing needs they lacked the manpower to complete. "We could not be more grateful for all their efforts, and we hope they enjoyed meeting our resident dogs and cats!" RAWL shared on social media. "Thank you to the USS Paul Ignatius Sailors and spouses for taking the time to make our shelter a better place for the animals in our care!"

Command Chaplain Lt. David F. Moya commented, "These events not only promote goodwill and community service, but also provide Sailors with meaningful opportunities to connect

and give of themselves as examples of constructive outlets that help prevent destructive behaviors." Many Sailors expressed interest in continuing to volunteer with RAWL on an individual basis, underscoring the lasting impact of the day's work.

As the USS Paul Ignatius continues its mission, its crew leaves behind more than painted walls and pruned plants—they leave a mark of their identity, as reflected in their command philosophy of "excellence through effort and teamwork." If you or your command are looking for opportunities to volunteer, please check out RAWL. They are located across the street from the drive-in theater by the Puerto Gate.



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**OUR RESTAURANTS: LOCAL GASTRONOMY IN UNPARALEL LOCATIONS**

## Community Spotlight: Students from UMGC Share Their Experiences

### By Haily Tofte

UMGC Program Coordinator

The University of Maryland Global Campus is a regionally accredited university that offers on-site and online classes with over 125 degrees and certificates to choose from. With locations across the U.S., Europe, and Asia, UMGC makes earning a respected degree possible from wherever life may take you.

The UMGC office at Naval Station (NAVSTA) Rota supports students and welcomes walk-ins Monday through Friday from 8 a.m. to 4:30 p.m. The Rota office is proud to highlight the stories of its students, whose experiences showcase how UMGC helps learners achieve their goals.

### Emily Rabago

As a military spouse of nearly six years, Emily found the chance to pursue her long-held dream of becoming a nurse while living overseas, where limited job opportunities opened the door for her to begin her studies. Starting her program while pregnant and caring for her one-year-old daughter, she was initially worried about balancing being a full-time mom and student. That changed when she successfully completed all three of her first courses at once, a milestone that gave her the confidence she needed to continue. She encourages others to take the leap as well, saying people are more capable than they realize and will find strong support at UMGC throughout their journey.



### Daniel Sutton II

Aviation Boatswain's Mate 3rd Class Daniel Sutton II is currently stationed in Rota, Spain where he specializes in handling petroleum fuel for aircraft and vehicles. Along with his primary duties, he takes on several collateral responsibilities such as teaching fellow sailors as the Training Petty Officer. After more than seven years of service, he views his time in the military as a period filled with meaningful contributions that he will always value.

Daniel originally planned to attend college after completing his service, but his goals shifted when he learned that many of his Navy training and work experiences could translate into academic credits. Realizing he already had a head start, he chose to start his education sooner than planned. His biggest concern was balancing coursework with an already

demanding schedule. UMGC's supportive faculty and staff helped him manage both. Although still early in his

academic journey, he is grateful for the opportunity to build on his strengths and improve in new areas. His advice to others considering the same path is simple: it's never too late to start.

### James Verges

Information Systems Technician 1st Class James (Jami) Verges joined the U.S. Navy on Sept. 11, 2015. He is currently stationed in Rota, Spain at DESRON60



serving as the N6 LPO. Inspired by a personal period of heartbreak, Jami found motivation to pursue higher education. Recognizing the importance of making the most of his military benefits, he saw going back to school as a path to invest in himself while taking full advantage of the opportunities available to service members.

He recalls two particularly transformative experiences: an Italian history class in Naples, Italy and a writing course in Dublin, Ireland. In these cities, he spent a week learning and fully immersing himself in both the subject and the cultures. These field study experiences made him realize the profound impact that an education can have. He encourages other service members and veterans to pursue their education whenever possible, embracing the opportunities that come their way.

### Ja'Juan Mangual

Aviation Boatswain's Mate 1st Class Ja'Juan Mangual is currently stationed in Rota, Spain serving as the Emergency Management LPO. With retirement on the horizon, Ja'Juan found himself with more time and a renewed interest in investing in his education. He saw the opportunity to finally pursue one of his lifelong passions: art and graphic design. Initially, Ja'Juan was worried about starting school and wondered if he was academically prepared enough to be successful. He found that his military experience prepared him for academic triumph by instilling discipline and structure, which translated smoothly into his studies.

As he became more involved in class discussions, answering questions and providing feedback, he noticed the skills he was learning in school directly improved how he approached his work. He began to encourage other service members and veterans to consider higher education. He emphasizes the value of curiosity, drive, and the desire to learn new skills.



## Embry-Riddle Rota: Your Gateway to Global Education and Aviation Excellence

### By Carolyn Palugod

Associate Campus Director

At Naval Station Rota, Spain, Embry-Riddle Aeronautical University (ERAU) offers more than education—it provides a pathway to success in aviation, aerospace, and beyond. As part of ERAU's Worldwide network, the Rota campus serves active-duty service members, veterans, and civilians with flexible learning options tailored to military life overseas.

### Why Embry-Riddle?

Founded in 1926, ERAU is the world's leading university for aviation and aerospace education. With over 100 degree programs and a global alumni network, graduates have become astronauts, engineers, airline executives, aerospace innovators, and more!

### Industries We Prepare You For

Embry-Riddle equips students for careers in aviation, aerospace, engineering, safety, security and intelligence, and business management. Whether you're starting your academic journey or advancing your expertise, ERAU offers certificates, associate, bachelor's, and master's degrees to help you reach your goals.

### Benefits of Studying Overseas

- **Career Advancement:** Enhance military careers and prepare for civilian roles.
- **Flexibility:** On-site, online, and virtual classes fit around deployments.
- **Military-Friendly:** Reduced tuition, fee waivers, and credit for prior training.
- **Global Perspective:** Learn in a multicultural environment and build international networks.

### Ready to Take Off?

Enrollment is open now! Visit <https://www.erau.edu/worldwide> or stop by the Rota campus office for details on programs, tuition assistance, and start dates.

Students share their experiences

### William Rodriguez

Command Master Chief for Commander, Fleet Readiness Centers. Pursuing a Master of Science in Human Factors; earned a Bachelor's degree in Professional Aeronautics.

### Can you share a moment when you realized your education was making a difference?

"In my Human Factors and Cognition course, I was able to apply my newfound knowledge to my day-to-day engagements with Sailors. It helped me understand how some Sailors perceive the information presented to them and how this knowledge had real-world applications—my efforts were not just theoretical; they were shaping my personal and professional life."

### What would you say to other service members or veterans considering going back to school?

"For anyone contemplating college, I'll say: do it! The military will come to an end, and having a college degree coupled with your military experience will help you secure a job in the civilian workforce."

### Brian McAllister



Retired Gas Turbine Mechanical Navy Senior Chief

Bachelor of Science in Project Management

### Can you share a moment when you realized your education was making a difference?

What I've learned through my program has made a difference in my current job as a Production Controller/Planner.

### How did your military experience prepare you for academic success?

Being organized, group work and dedication all prepared me in getting my work done.

### Jacob Nichols

USAF Heavy Aircraft Crew Chief. B.S. in Aeronautics.

### What inspired you to pursue college while serving or after your military service?

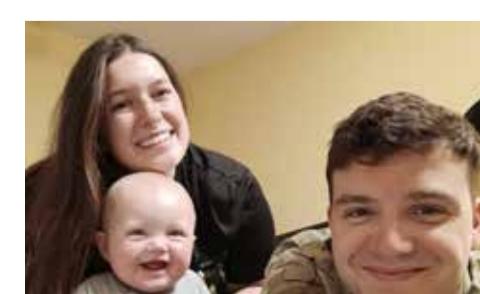
"Being a college graduate is a declaration of one's discipline and dedication to bettering themselves. The military proved invaluable, as I was equipped with skills and knowledge in a specific area and the tools necessary to fund my education."

### How did your military experience prepare you for academic success?

"Academic success boiled down to maintaining the discipline to study and complete assignments, regardless of my motivation or workload on any given day. Discipline gets your assignments completed. In the military, discipline is something instilled from day one and necessary almost every day going forward."

### What would you say to other service members or veterans considering going back to school?

"If your goal is to better yourself and acquire higher education, do it. The first step is the hardest, and while the journey doesn't necessarily get easier, you do get better. Momentum builds as you go. When you stand at the summit of your accomplishment, you can look down at an achievement worthy of recognition."



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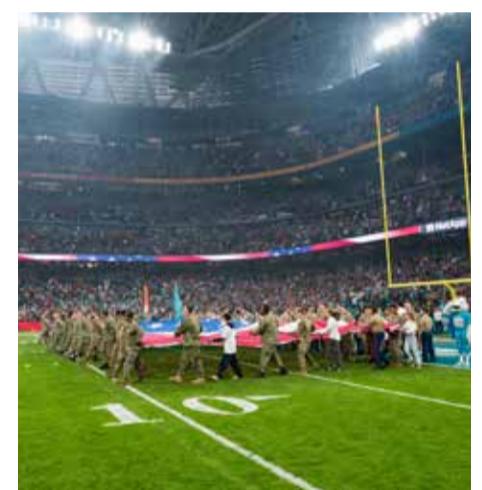
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## **NAVSTA Rota, U.S. Embassy, and NATO Personnel Participate in First NFL Game in Madrid**

75 personnel serving in Spain were selected for the once-in-a-lifetime experience of holding our nation's colors at the first NFL game in Spain, right alongside our Spanish military allies. Did you get a chance to see the video? Scan the QR code below to give it a look!



# NAVAL STATION ROTA COMMUNITY RESOURCES

## ALCOHOLICS ANONYMOUS MEETINGS

**AA on base:** "Rota 213" meets Tuesday and Thursday, 1800-1900 (6-7pm) in person in the NAVSTA Rota Chapel (in the back). For meeting information, please contact Cynthia at +34 661 47 95 20 or Dean at +34 674 38 77 55.

**AA off base on Zoom:** "Rota Drydockers." Every Saturday, 1600 (4 pm) on Zoom only. For information on how to join the Zoom session, contact Cynthia at +34 661 47 95 20 or Joe G. via WhatsApp at: +34 603 84 15 59.

**AA in Rota in English:** "Rota to Recovery." Every Saturday, 1900-2000 (7-8pm) in person, Calle Bachiller, 11, Rota; parking is available near the marina. For information, please contact Cynthia at +34 661 47 95 20 or Dean at +34 674 38 77 55.

## AL-ANON MEETINGS

Have you been affected by another person's drinking? If so, please join us every Wednesday at 1600 (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 Naydene at +34 669 09 7149.

## 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 DSN 727-2333 or commercial, +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

Embry-Riddle Aeronautical University and University of Maryland Global Campus offices are open and able to assist you in reaching your education goals. The Rota Education Center is located on the first 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.  
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Email: [rota@nmcrs.org](mailto:rota@nmcrs.org)  
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## NMCRS Thrift Shop

### Hours of Operation

Monday: 10 a.m.-1 p.m.  
Thursday: 3-6 p.m. (third Thursday / active duty + dependents only)  
Third Saturday of month: 10 a.m.-1 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.

## 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.

## RETIRED ACTIVITIES OFFICE (RAO)

Fleet and Family Support Center, Tuesday and Thursday, 1:00 p.m. to 4:30 p.m., by appointment only, +34 956 82 3232.

RAO serves as a link between the military retired community and other government agencies, such as Federal benefits Unit for Social Security and Defense Finance and Accounting Service, Veterans Administration (VA), and Office of Personnel Management (OPM). RAO provides assistance to survivors regarding pensions and benefits and is a source for information about retiring and living in Spain.

## USO ROTA

The mission of the USO is to strengthen the well-being of America's military service members and their families. At USO Rota, we are dedicated to this mission by offering a variety of events and services—all free for active duty service members and their families.

Our center is conveniently located inside the Air Terminal and is open Monday through Friday, from 0830 to 1630. We invite you to join us for any of our events or stop by for a visit!

**Interested in giving back?** The USO is a fantastic organization for volunteering. To get started, fill out your volunteer profile at [VOLUNTEERS.USO.ORG](http://VOLUNTEERS.USO.ORG).

For all USO Rota events and more, follow "USO Rota" on Facebook at [www.facebook.com/USORota](https://www.facebook.com/USORota).

## WIC OVERSEAS

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## USS Roosevelt (DDG 80), NAVFAC, FDRMC, MARMC Conduct Engineering Evolution

By Mass Communication Specialist 1st Class Indra Beaufort  
USS Roosevelt (DDG 80)

NAVAL STATION ROTA, Spain (Nov. 4, 2025) Personnel assigned to Forward Deployed Regional Maintenance Center (FDRMC), Naval Facilities Engineering Systems Command (NAVFAC), and Mid-Atlantic Regional Maintenance Center (MARMC) conduct a gas turbine engine installation evolution aboard the Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) at Naval Station Rota, Spain.



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