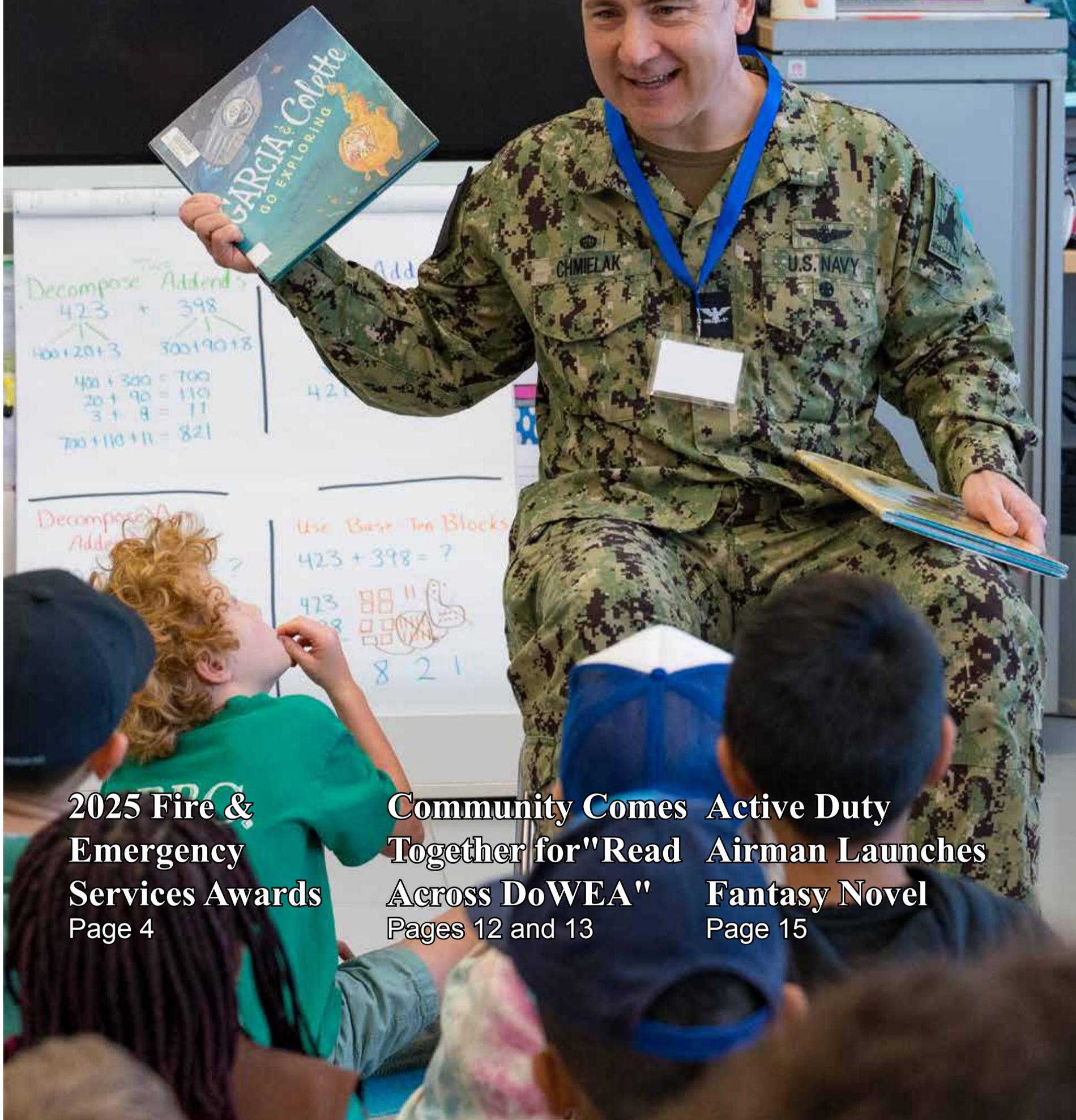


COASTLINE

March 19, 2026 / Volume 36, Issue 05

U.S. Naval Activities Spain



2025 Fire & Emergency Services Awards
Page 4

Community Comes Together for "Read Across DoWEA"
Pages 12 and 13

Active Duty Airman Launches Fantasy Novel
Page 15

Empowering Operational Excellence and Environmental Stewardship



Leadership Corner

**Cmdr. Michael Eberhart
Public Works Officer**

Hola Team Rota! I want to take this opportunity to highlight the hard work and commitment of our extraordinary team of professionals at the Public Works Department (PWD) Rota.

Recent changes in the Navy's shore enterprise have clarified our mission and alignment. While we continue to work hand-in-hand

Before we start construction or repair work, our Facilities Management Division (FMD) engages with you as the installation tenants. The FMD is in a constant state of planning the future and coordinating work with every command that calls NAVSTA Rota home. With nearly 10,000 requests annually, the FMD validates requirements, prioritizes tasks, and allocates resources ensuring optimal functionality of our installation.

The cornerstone of our direct support to you is our Production Division. With over 200 skilled local nationals and Seabees proficient in various disciplines, these heavy lifters keep our facilities operational. Coordinating with building managers, our production team quickly address and resolve over 900 trouble calls monthly, ensuring seamless operations throughout the installation.

Environmental stewardship remains paramount under the watchful eye of our Environmental Division, which manages our Environmental Management System and ensures compliance with local regulations. Furthermore, our dedicated Administrative and Financial Management Division provides the essential support that enables the entire PWD mission.

Working in close coordination with the PWD, is our critical partner, the NAVFAC Resident Officer in Charge of Construction (ROICC). As the local contracting and construction execution arm reporting to NAVFAC EURAFCENT, the ROICC spearheads our major military construction and acquisition endeavors. The team is comprised of 35 personnel including five Civil Engineer Corps officers as well as a mix of civil service and local national professionals. As of today, the ROICC is currently overseeing 91 active construction projects totaling over \$482M. The ROICC is also responsible for managing large-scale efforts like the Base Operating Support Contract, a \$15.5M annual contract that provides 24/7 maintenance and repair support across the base.

To all of our Team Rota partners, thank you for your support. While our internal structures have shifted, our commitment to enhancing installation readiness remains steadfast. So if you ever need utilities or facilities fixed to ensure maximum mission readiness, we are always one call away!

with our partners at Naval Facilities Engineering Systems Command (NAVFAC), PWD Rota is in the process of shifting to operate as a Naval Station Rota department under Commander, Navy Installations Command (CNIC). I say "in the process" because we have executed stage one of the transition with stage two scheduled for later this year. As your Public Works Officer, I work directly for the Installation Commanding Officer to deliver facility and utility support, ensuring we meet your requirements and the operational needs of Team Rota.

Our PWD team comprises approximately 300 individuals, representing a diverse mix of U.S. personnel, local nationals, and active-duty service members. Our local national staff forms the backbone of our organization, with many having dedicated over 40 years of service! Complementing this seasoned workforce are 30 U.S. civil service employees and our active-duty personnel, including three Navy Civil Engineer Corps Officers and 42 enlisted Seabees, all contributing their expertise to our mission.

COASTLINE STAFF

Commanding Officer
Capt. Charles A. Chmielak

Executive Officer
Cmdr. Justin Jennings

Command Master Chief
CMDCM Donald Alvarado

Public Affairs Officer
Lt. Daniel Ehrlich
daniel.b.ehrlich2.mil@us.navy.mil
DSN 727-1680

Deputy Public Affairs Officer
MC1 Drace Wilson
drace.a.wilson.mil@us.navy.mil
DSN 727-1021

Production Specialist
MC2 Jett Morgan
jett.m.morgan.mil@us.navy.mil
DSN 727-1021

Community Relations Advisor
Alejandra Tirapu Lucero
alejandra.tirapulucero.ln@us.navy.mil
DSN 727-3786 / 956-82-3786

Contact The Coastline Editorial Staff:
Telephone: DSN 727-1021 / 956-82-1021
Email: navsta-rotacoastline@us.navy.mil
Large-file email: rotacoastline@gmail.com

To place an advertisement in the Coastline, please contact our publisher: Germán Peña Andrade
coastlinerota@gmail.com
or 661-92-3608.

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

On The Front Cover



Naval Station (NAVSTA) Rota Commanding Officer Capt. Charles Chmielak reads to David G. Farragut Rota Elementary School students as part of Read Across America Day onboard the installation, March 3, 2026. (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.

DHOMA
Dhoma Restaurant

+34 603 60 40 08 | Dhoma_restaurante | Take away/Delivery
Calle Misericordia, 9A, 11500 El Puerto de Santa María

MENU

EL PEREJIL
URBAN GRILL
Rota

STEAK
with Fresh Basil

WWW.ELPEREJIL.ES

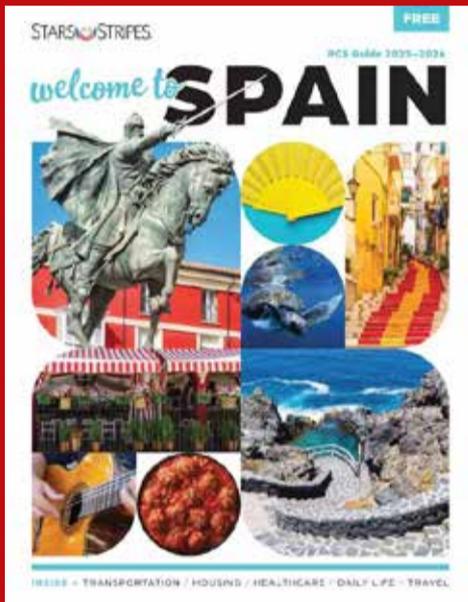
ORDER HERE

13:00 - 00:00h.
BOOKINGS: 856 111 115

C/ HIGUERETA 66
LA COSTILLA - ROTA

New to Rota?

CHECK OUT THE NEWEST STARS & STRIPES "WELCOME TO SPAIN" GUIDE!



**DIGITAL
VERSION
BELOW!**



**NAVAL STATION
ROTA SPAIN**

Rota Leadership Suggestion Box

Use the QR code above to submit a question directly to the CO, XO, and CMC of Naval Activities Spain / Naval Station Rota

CASINO
comar BAHÍACÁDIZ

invites you to visit the casino rooms



Wide variety of gaming

Terrace

Electronic roulette

Poker

Latest news in gambling machines

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

www.casinobahiadecadiz.es

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

COME JOIN US FOR OUR ANNUAL EVENT!

EGG'S PLOSION!
2026

SATURDAY, APRIL 4
AT LA PLAZA
BALL FIELDS

EGG HUNTS
AIR TOYS
GAMES AND PRIZES
CRAFTS
PHOTO WITH THE BUNNY
FOOD AND BEVERAGES
AVAILABLE FOR PURCHASE

Sponsored by

BRIGHT EYES
Developmental Preschool Group



Navy endorsement not implied

REGISTRATION REQUIRED MARCH 1-30.

Visit, www.navymwrrota.com/eggsplosion

Open to U.S. I.D. cardholders only. Pets are prohibited at this event.
For more information, please call the Liberty Center at 956-82-2527 or DSN 727-2527, daily, 1-10 p.m.

Navy's finest: Top honors awarded in Fire & Emergency Services

By Commander, Navy Installations Command Public Affairs

Commander, Navy Installations Command (CNIC) announced the recipients of the Calendar Year 2025 Fire & Emergency Services (F&ES) Awards, recognizing the top departments, teams, and individuals for their outstanding contributions to the safety and readiness of the U.S. Navy.

These F&ES professionals are vital to installation readiness, providing first-line defense against fires, medical emergencies, and other hazards. Their efforts ensure that Navy Shore installations remain secure and operational, directly supporting the mission of the fleet.

"The unwavering dedication and professionalism of our Fire and Emergency Services personnel are fundamental to the resilience of our Shore Enterprise," said Vice Adm. Scott Gray, commander of Navy Installations Command. "These awards celebrate the best of the best, individuals and teams who run toward danger to ensure our installations remain safe, secure, and ready to support the mission. Their courage and commitment are an inspiration to us all."

Nine award winners will now advance to represent the Navy in the Department of War F&ES awards competition. **The following F&ES Award Winners will advance to the Department of War competition:**

- Small Fire Department of the Year: Naval Support Activity Annapolis
- Medium Fire Department of the Year: Naval Station Mayport
- Large Fire Department of the Year: Metro San Diego F&ES
- Fire Prevention Program of the Year: Joint Region Marianas F&ES
- Military Firefighter of the Year: ABH2 (AW) Kiara Robin, Naval Station Rota
- Civilian Firefighter of the Year: Katsuhiko Watanabe, Commander Fleet Activities Yokosuka
- Military Fire Officer of the Year: ABH1 (AW/SW) Leandre Johnson, Naval Support Activity Naples
- Civilian Fire Officer of the Year: Eric Boggess, Naval Station Mayport
- Fire Service Instructor of the Year: Hartsel Stewart, Naval Submarine Base Kings Bay



Navy-only award winners noted below:

- Navy Emergency Medical Services (EMS) Provider of the Year: Benny Castro, Joint Region Marianas F&ES
- Fire Inspector of the Year: Victor Kirton, Naval Submarine Base Kings Bay
- Fire Chief of the Year: Jose Cardenas, Naval Station Mayport

The following are the Navy F&ES Hall of Fame inductees:

- Ruben Perez, Fire Chief (retired), Naval Air Station Corpus Christi
- Edward Stillwell, Region Fire Chief (retired), Naval District Washington
- David Inman, Fire Chief (retired), Metro San Diego F&ES
- William Casey, Region Fire Chief (retired), Navy Region Southeast
- Kenneth Snyder, Fire Chief (retired), Navy Region Mid-Atlantic District 3
- Jack Woodard, Region Fire Chief (deceased), Navy Region Northwest
- Navy F&ES Lifetime Achievement Award Recipients:
 - Rodolfo Gonzales, Region Fire Chief (retired), Navy Region Southeast
 - William "Bill" Killen, Director



Aviation Boatswain Mate (Handling) 2nd Class Kiara Robin, center, Assistant Fire Chief C.J. Terlaje, left, and Assistant Fire Chief J.J. Cruz, right, pose for a photo after being chosen as winners of various Commander, Navy Region Europe, Africa, Central (COMNAVEURAFCENT) Fire & Emergency Services Awards, onboard Naval Station (NAVSTA) Rota, Spain, Feb. 26, 2026.

Navy F&ES (retired), Naval Facilities Engineering Command

- Christopher Connelly, Region Fire Chief, Navy Region Southwest
 - Daniel Gaumont, Senior Fire Protection Specialist (retired), Commander Navy Installations Command
- Commander, Navy Installations Command is responsible for worldwide U.S. Navy Shore installation management, designing and developing integrated solutions for sustainment and development of Navy shore infrastructure as well as quality of life programs. CNIC oversees 10 Navy regions, 70 installations, and more than 48,600 employees who are focused on warfighting and manning, training and equipping the Shore to fight and win. Navy installations are warfighting platforms

essential to every fleet operation. For more information, visit <https://www.cnic.navy.mil/>.

NAVSTA Rota also saw several winners of the annual Commander, Navy Region Europe Africa Central Fire & Emergency Services Awards!

- Fire Department of the Year (Medium): Naval Station Rota
- Civilian Fire Officer of the Year: Battalion Chief Daniel J. Rawson (Posthumously)
- Military Firefighter of the Year: ABH2(AW) Robin Kiara
- Fire Inspector of the Year: Fire Inspector John Cruz
- Fire Instructor of the Year: Assistant Chief Christopher J. Terlaje



The family of Battalion Chief Daniel Rawson accepts a posthumous awarded on his behalf as Europe, Africa, Central (EURAFCENT) Civilian Fire Officer of the Year during an awards ceremony onboard Naval Station Rota, Spain, Mar. 13, 2026.

NAMASTE BHARAT

AUTHENTIC INDIAN CUISINE

AVENIDA SAN FERNANDO, 56 - ROTA
956 813 854 • 631 161 843

Follow us on

AUTHENTIC FLAVOR

STAR KEBAB

TAKE AWAY

Plaza Triunfo Virgen del Rosario local 09
Everyday: 1pm-4pm
7:30pm-12:30am
Friday Morning Closed

ORDER NOW
634 706 923 - 856 065 008

MENU | WHATSAPP CHANNEL

Atlantic Cars

Military Sales



\$40.689



Atlantic Cars
Military Sales

THE X1

The Ultimate Driving Machine



THE PLEASURE OF DRIVING



Visit your showroom Military Sales Agent for more details.
Plaza del Triunfo, 6, 11620, Rota,
1 minute from NAVSTA main gate

Jose Duarte
Cell: +34 655 876 851
jose.duarte@atlanticcars.es
www.atlanticcars.es

THE 6 MONTHS RULE DOES NOT APPLY TO BMW MILITARY SALES IN ROTA. YOU CAN BUY YOUR NEW US SPECIFICATION BMW/MINI WHEN YOU ARRIVE OR AT ANY TIME DURING YOUR TENURE HERE.

Royal Norwegian Navy cadets visit NAVSTA Rota

Photos by Mass Communication Specialist 2nd Class Jett Morgan



**TABANCO
EL BURLADERO**
EL PUERTO DE SANTA MARÍA

**SAVOR THE
SOUL OF
ANDALUCIA**

DINNER WITH PIANO
LIVE FLAMENCO
AUTHENTIC FLAVORS

1ST FLAMENCO SERIES

FLAMENCO DINNER SHOW EVERY SATURDAY FROM 7:30PM

JANUARY

<p>JANUARY 15 SELU TORRES (CANTE) ANDRÉS MARTÍNEZ (TOQUE) ELENA ARIAS (BAILE)</p> <p>JANUARY 17 GORI MUÑOZ (CANTE) JESÚS DEL PUERTO (TOQUE) IAIRO MAYA (BAILE)</p>	<p>JANUARY 24 SELU TORRES (CANTE) ADRIANO LOZANO (TOQUE) RAÚL ORTEGA (BAILE)</p> <p>JANUARY 31 TRINI DE LA ISLA (CANTE) ADRIANO LOZANO (TOQUE) MARÍA FERNÁNDEZ (BAILE)</p>
--	--

FEBRUARY

<p>FEBRUARY 7 AGUSTÍN MANCHEÑO (CANTE) JESÚS DEL PUERTO (TOQUE) ANA BERROCAL (BAILE)</p> <p>FEBRUARY 14 SPECIAL SAN VALENTIN NIGHT (BALADAS/JAZZ) JESÚS SEVILLANO (PIANO) ILDEFONSO MARÍN (CONTRABAJO)</p>	<p>FEBRUARY 21 SELU TORRES (CANTE) ADRIANO LOZANO (TOQUE) RAÚL ORTEGA (BAILE)</p> <p>FEBRUARY 28 EVA DEL CRISTO (CANTE) SANTIAGO MORENO (TOQUE) IRENE OLIVARES (BAILE)</p>
--	--

MARCH

<p>MARCH 7 SARA SALADO (CANTE) JESÚS DEL PUERTO (TOQUE) LORENA CABALLERO (BAILE)</p> <p>MARCH 14 SARA SALADO (CANTE) ADRIANO LOZANO (TOQUE) RAÚL ORTEGA (BAILE)</p>	<p>MARCH 21 SELU TORRES (CANTE) ADRIANO LOZANO (TOQUE) MARÍA FERNÁNDEZ (BAILE)</p> <p>MARCH 28 EVA DEL CRISTO (CANTE) SANTIAGO MORENO (TOQUE) IRENE OLIVARES (BAILE)</p>
---	--

RESERVATIONS
+34 956 54 35 36
635 701 161 (WHATSAPP)

C/ PUERTO ESCONDIDO - 5
PUERTO DE SANTA MARÍA
TABANCOELBURLADERO@GMAIL.COM



Info & Reservations
www.hace.es ☎ 900 676 133

Events organization ☎ 649 593 614
eventos@hotelplayadelaluz.com



Always at your disposal in Rota



HOTEL PLAYA DE LA LUZ · HOTEL DUQUE DE NÁJERA · PUNTA CANDOR SUITES

·News·

Special Entertainment program at Playa de la Luz hotel during Holy Week!!

Music and Rythm go hand in hand

Enjoy your stay with us in a different way !!



- Special conditions subject to per diem allowance •
- Dogs welcome (only in "Punta Candor Suites") •
- Non stop kitchen at "El Embarcadero" •
- Rental car included in long stays •

Our Restaurants: Unique locations and cosy atmospheres



Restaurante LA GAVIOTA
 ☎ 956 069 412



Restaurante EL EMBARCADERO
 ☎ 956 846 330



Restaurante AQUA PUNTA CANDOR
 ☎ 634 970 204



LOCAL GASTRONOMY FUSED WITH OTHER CULTURES

PUBLISHER'S CORNER

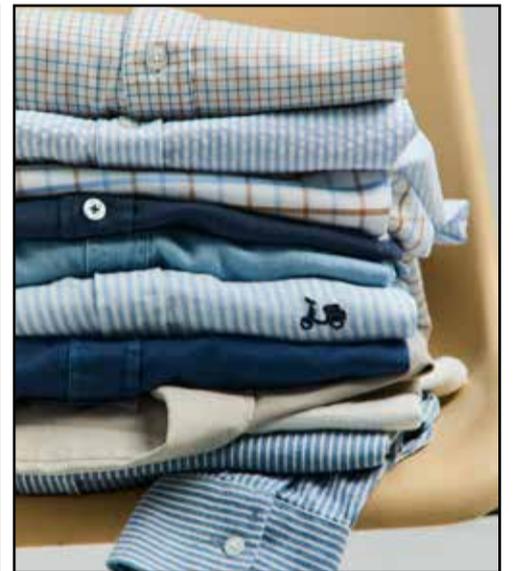
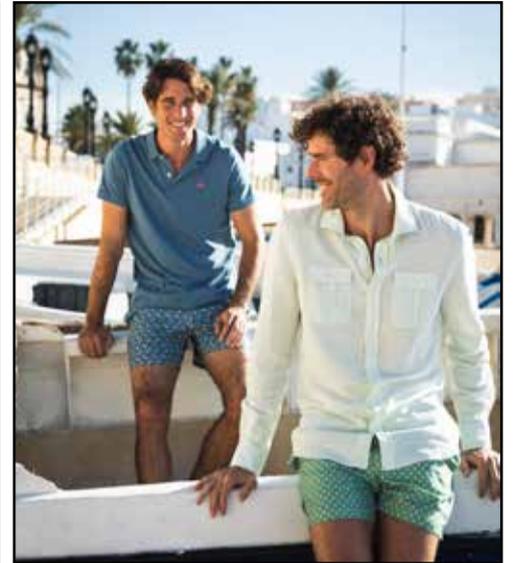
SCOTTA, YOUR NEW BRAND

Scotta 1985 is a Spanish menswear brand with a simple idea: creating quality pieces designed to stay with you through many seasons, not just one. Its spirit is grounded in authenticity, attention to detail and a relaxed style that feels current without chasing every passing trend. Each collection is built for real life: versatile, durable clothes that are easy to throw on whether you are heading to work, into town or on a weekend trip. Shirts, polos, T shirts and knitwear combine timeless design, good fabrics and comfortable fits, so your wardrobe works as hard as you do. These are pieces made to be lived in on long days, not just tried on in front of the mirror.

For Scotta, consistent quality is non negotiable. From the choice of fabrics to the finishing touches, every garment is designed to stand up to everyday wear and keep its shape and character over time. Season after season, the idea is the same: fewer, better clothes that you actually reach for.

Instead of following every trend, the brand backs an honest, authentic style that fits different personalities and lifestyles. It is a way of looking at fashion that values comfort, practicality and the freedom to dress in a way that still feels like you, whether you are in uniform or off duty.

Scotta 1985 stands for a way of dressing built on authenticity, quality and respect for what lasts. Garments designed to follow you through stories, moments and places – from busy days on base to evenings in town – because looking after your style doesn't stop at the gate, and you should look sharp outside the base too. See their ad for more info!



12 BREADS
12 CAUSES

One cause every month
One small act, a real impact



ONE FEATURED PRODUCT every month



YOU BUY the product WE DONATE



Each month we **CONTRIBUTE** to a different non-profit organization

Simply by purchasing the charity product of the month at its regular price, you're already helping make a difference. And if you'd like to donate even more, you can give an additional contribution to the donation box.



Visit our **BAKERY, PASTRY SHOP & CAFE** at:

Avda de la Libertad Rota · Avda Europa, 38 Rota · C/ García Sánchez, 28 Rota · C/ Peña del Águila, 2 Costa Ballena

Spiritual readiness in Rota: Strengthening the whole warfighter

Story by Lt. Cmdr. Brady Rentz
U.S. Navy Medicine Readiness and Training Command Rota

Total Force Fitness (TFF) is a framework that enables individuals to achieve optimal health and become high-performing service members. It comprises eight interrelated domains that together provide a holistic view of the factors influencing a service member's health, readiness, and performance. Within this framework, spiritual readiness plays a critical role, directly supporting resilience, decision-making, and overall mission success. Being spiritually ready can support a warfighter's resilience to endure hardship, provide clarity to lead with purpose, and foster the inner strength to persevere through adversity. Spiritual readiness enables sailors and marines to remain focused, adaptable, and mission-capable in complex and demanding environments.

Spiritual readiness is also a key enabler of medical force readiness, supporting the cognitive, emotional, and moral resilience required for healthcare professionals to deliver care in operational and expeditionary environments.

According to the TFF framework, human beings are composed of both physical and spiritual dimensions. Some describe the spiritual aspect as the soul, while others define it as the mind, will, and emotions. Regardless of definition,

this dimension of life is real and is shaped by beliefs, values, effort, and the influence of others. Just as physical readiness requires consistent training, spiritual readiness requires deliberate and sustained investment.

While technical skills, training, and experience are essential, they have limitations. When individuals encounter challenges that exceed their abilities, they often rely on will, purpose, and moral strength. Spiritual readiness builds that foundation, enabling warfighters to push through adversity, remain resilient under pressure, and continue forward with purpose. This foundation directly supports operational readiness by strengthening the mental and emotional endurance necessary for sustained mission execution.

Recognizing When We Are Not Ready for Adversity

It is important that sailors and Marines recognize they do not need to wait until they face major challenges to strengthen their spiritual readiness. In fact, studies show that delaying this effort risks individuals becoming overwhelmed by personal burdens, which can limit their ability to support others, make sound decisions, and accomplish the mission.

Although everyone has unique backgrounds and experiences, the human spirit often displays common signs of strain. These may include emotional exhaustion, anxiety, isolation, loss of

motivation, hopelessness, moral fatigue, or a diminished sense of purpose. These symptoms rarely stand alone and often intensify when left unaddressed.

When these indicators appear, they can serve as an internal signal to pause, reflect, and seek support. Assistance can come from trusted friends, mentors, religious leaders, counselors, or a command chaplain. What matters most is reaching out to a trusted source and maintaining a willingness to grow and strengthen resilience. Early intervention and support contribute to both individual well-being and overall unit readiness.

Developing Spiritual Readiness

Spiritual readiness is built through spiritual fitness, which is the deliberate focus on the mental, moral, and ethical dimensions of life. Key elements include personal faith, foundational values, and moral living.

Understanding what individuals believe and why shapes their worldview, enabling them to process adversity, leadership challenges, and ethical decisions with clarity and purpose. Values, shaped by family, culture, education, and belief systems, provide an objective moral compass that guides daily choices and behavior, particularly in high-stress operational environments where decisions may carry significant consequences.

Moral living requires consistency in actions, decisions, and interactions. Living with integrity, accountability, and

compassion strengthens trust, reinforces command climate, and supports both mission effectiveness and personal well-being. When practiced daily, these principles directly contribute to spiritual fitness and long-term resilience. With focused effort, a spiritually fit individual may demonstrate engagement, hope, forgiveness, respect, and awareness.

Spiritual fitness directly supports combat readiness, resilience, and ethical leadership. It allows warfighters to face adversity with strength, clarity, and determination. Spiritual readiness also provides perspective, enabling individuals to interpret both challenges and successes with meaning, purpose, and a continued commitment to serve.

By investing in spiritual readiness, warfighters strengthen not only themselves but also their teams, commands, and mission effectiveness.

Sailors and Marines located in Rota who want help developing spiritual readiness should contact Chaplain Brady Rentz at <mailto:brady.a.rentz.mil@health.mil>.

NMRTC Rota serves as a force multiplier in Navy Medicine's strategic global medical support mission throughout Europe, Africa, and the Middle East while also supporting operational readiness and maintaining a strategic repository of expertise at Naval Hospital Rota on the Iberian Peninsula.

<p>BAKERY · PASTRY SHOP ICE CREAM PARLOR · CAFÉ</p>	<p>CHEESE DAIRY WITH OUR OWN PRODUCTION GUIDED TOURS</p>	<p>CATERING · EVENTS TRADITIONAL TAKEAWAY FOOD FROM ROTA</p>
		
<ul style="list-style-type: none"> • Breakfast (artisan and local products to go with your favorite bread, pastry selection, waffles...) • Brunch (scrambled/poached eggs, bacon, pancakes) • Lunch (traditional food) • Afternoon Snacks • Wide range of sourdough breads and artisan breadsticks • Our own artisanal pastry and ice cream shop <p>Visit us at:</p> <ul style="list-style-type: none"> • Avda de la Libertad Rota • Avda Europa, 38 Rota • C/García Sánchez, 28 Rota • C/Peña del Águila, 2 Costa Ballena  Check the menu 	<ul style="list-style-type: none"> • Cheeses and cured meats from our own livestock • Beef, pork, and goat meat for barbecues or cooking • Guided tours in English at El Bucarito farm  Check the guided tours <p>Reservations at 600 084 342</p> <p>Visit us at Crta. A-491 km 12,5 Rota</p> 	<ul style="list-style-type: none"> • Celebrations of military promotions at the Naval Base • Events at ConBocados, El Bucarito, or private homes at the Naval Base • Takeaway meals for daily menus or special events  Check the menu <p>Call us at 686 243 702</p> <p>Visit us at:</p> <ul style="list-style-type: none"> • Avda de la Libertad Rota • C/ Orfebres, 1 Rota 

\$15M contract awarded to Spanish firm for NAVSTA Rota infrastructure improvements

By Anthony Cage

Naval Facilities Engineering Systems Command Europe, Africa, Central

Naval Facilities Engineering Systems Command (NAVFAC) Europe, Africa, Central (EURAFCENT) awarded Sociedad Española de Montajes Industriales S.A. of Madrid, Spain, a \$15 million, firm-fixed price, indefinite-delivery/indefinite-quantity contract for construction services at Naval Station Rota, Spain March 3, 2026.

These upgrades will enhance the operational readiness and safety of Naval Station Rota, providing a modern and resilient environment for service members and civilian personnel.

"We are committed to consistently upgrading and maintaining our

infrastructure to sustain the highest possible quality-of-life standard," said Capt. Charles Chmielak, commanding officer, Naval Station Rota. "That is what our warfighters and families deserve so they can focus on what matters most — the mission."

The scope of work includes, but is not limited to:

- Demolition and construction of roads, sidewalks, curbs, and reinforced concrete slabs.
- Paving of roads and parking lots, including crack sealing, slurry sealing, and marking.
- Replacement or installation of storm drains.
- Inspection, repair, removal, and installation of roofs.
- Interior and exterior painting of

facilities.

The award process was managed by NAVFAC's local contracting team, who are essential to executing the command's mission.

"This award represents the culmination of a thorough and competitive procurement process that ensures maximum value for the taxpayer," said Bill Hepler, a contract specialist with NAVFAC EURAFCENT Facilities Engineering and Acquisition Division Rota. "Securing a firm-fixed-price contract provides crucial budget predictability for these essential infrastructure upgrades, directly supporting the operational readiness and quality of life for personnel."

Work is expected to be completed by March 2031. The contract was competitively procured through the SAM.

gov website, with three offers received, and will be paid for with fiscal 2026 Navy operation and maintenance funds.

Naval Facilities Engineering Systems Command is the naval shore facilities, base operating support, and expeditionary engineering systems command delivering life-cycle technical and acquisition solutions aligned to fleet and Marine Corps priorities. NAVFAC EURAFCENT delivers construction, engineering and contracting as a critical component of the Navy Shore Enterprise across Europe, Africa and Central commands to enable Fleet and joint force lethality and power projection across the competition continuum.

For updates or coverage opportunities, email NAVFAC-EAC-PAO@US.Navy.Mil

Navy realigns base maintenance and Public Works under shore enterprise

By Commander, Navy Installations Command Public Affairs

Photos by Mass Communication Specialist 1st Class Drace Wilson

The U.S. Navy has begun transferring full command and control of installation maintenance and public works to Commander, Navy Installations Command (CNIC), directly empowering installation commanding officers with greater authority.

As of Feb. 22, 2026, approximately 1,700 personnel in facilities management and environmental services divisions who

previously worked for Naval Facilities Engineering Systems Command (NAVFAC) now work directly for installation commanding officers.

"The success of our fleet and our warfighters depend fundamentally on the health and efficiency of our Shore bases," said Vice Adm. Scott Gray, commander of Navy Installations Command. "This realignment is about cutting through layers, bringing decision-making closer to the deckplate. Our installation commanding officers know their bases best and giving them direct control over maintenance and public works service delivery means they can respond in a more appropriate manner to ensure continuous support for the mission, whether it's a routine repair or a critical infrastructure upgrade."

This change gives base commanders the authority to make local decisions on the infrastructure and services needed to accomplish their mission. It also ensures every installation can better support global naval operations by being a more resilient and agile platform.

"This move creates a single line of support for the warfighter," Gray said. "Whether it's a ship captain needing reliable shore power or a squadron leader with an urgent hangar repair, they now



have one installation commander who is fully accountable for delivering that support. It removes ambiguity and aligns the entire Shore Enterprise behind a single goal of enabling the fleet."

The transition will not result in any job losses. Personnel will now work under a direct command structure that leverages their skills to improve installation readiness.

Planning for the second of a two-part phase, which will encompass the transfer of remaining public works functions, is actively underway.

Commander, Navy Installations

Command is responsible for worldwide U.S. Navy Shore installation management, designing and developing integrated solutions for sustainment and development of Navy shore infrastructure as well as quality of life programs. CNIC oversees 10 Navy regions, 70 installations, and more than 48,600 employees who are focused on warfighting and manning, training and equipping the Shore to fight and win. Navy installations are warfighting platforms essential to every fleet operation. For more information, visit: <https://www.cnic.navy.mil/>.

OM PALACE
INDIAN RESTAURANT
PLAZA DEL TRIUNFO
(1 MINUTE FROM ROTA BASE GATE)

HOME DELIVERY
10% TAKE AWAY
DISCOUNT

856 663 809
651 429 181

ALSO ORDER BY:
+0034 632 351 715

QUEEN VAPING
YOUR TRUSTED VAPE
SHOP IN ROTA

HOW TO GET THERE?

NAVAL STATION ROTA

Rota Taxi

C. Carlos Cano

C. San Isidro

INDIAN RESTAURANT OM PALACE

QUEEN VAPING ROTA
PL. DEL TRIUNFO, 11

SCAN THE QR FOR MORE INFO!

Strengthen your mind: Free Headspace access now available to Rota Navy personnel

By Lt. Cmdr. Gregory Regts
Navy Medicine and Readiness Training Command Rota

As part of a new Chief of Naval Operations pilot program, Naval Station Rota has been chosen as one of four overseas bases to offer active-duty Navy personnel and up to five family members, ages 13 and up, free, confidential access to the Headspace mental wellness app. This initiative is an investment in the health of our most valuable asset: our people.

The Headspace app provides a comprehensive suite of tools designed to support your mental well-being and help you stay present and engaged in your life. Resources include guided meditations, sleep exercises, focus music, exercise videos, and content for kids. If you're working through personal challenges or stress, you can even

connect with Headspace's board-certified mental health coaches via private text or video session. Your access is completely confidential and Headspace does not share your private data.

Previous studies with military units using Headspace have shown significant benefits. One study with the Air Force concluded that participants saw a 26% reduction in perceived stress and a 15% improvement in emotional wellbeing. Personnel in that study also reported more sleep and energy. Every member of Team Rota contributes to sustaining operations daily, but mission readiness is only possible when every member of the team can cultivate their well-being.

Team Rota can grow even stronger if our Sailors and their loved ones take just a few minutes a day to practice exercises through Headspace. Whether you want to manage stress, sleep more soundly, or build healthier habits, Headspace provides resources to support you. Taking care of your mind is as important as physical training.

To enroll and gain your free access, use this QR code or go to <https://work.headspace.com/usnavy/join>. You can sign up using your credentials as an active-duty Sailor to verify your eligibility, select your location, and begin your journey to strengthen your mind and to fortify your inner foundation to better face adversity with focus, courage, and clarity. After that, share up to five accounts with your family.



Embrace Warrior Mindset with Headspace

"Warrior Mindset - A continuous cycle of Commitment, Preparation, Execution, and Reflection. By completing this cycle repeatedly, one is building and sustaining toughness while progressing toward peak performance."

Headspace delivers short, science-based training and exercises that strengthen the Warrior Mindset—helping Sailors stay focused, composed, and mission-ready. For live 1:1 support, Headspace also provides coaching 24/7.

Headspace has the largest body of evidence in digital mental health.

How does it work?

Mindfulness trains your brain to regulate emotions—reducing stress reactivity, improving focus and decision-making, and strengthening clarity under pressure.

41% improved sustained attention after 30 days	22% reduction in mind wandering after 1 session
43% decrease in stress after 30 days	33% increase in sleep quality in 3 weeks




Activate Your Free Headspace Membership. Strengthen Your Mind.
 Scan the QR code or visit work.headspace.com/usnavy/join to enroll first, then download the app and log in.

Source: U.S. Navy – Warrior Toughness (MyNavyHR netc.navy.mil). Headspace is provided free to active-duty Sailors at select installations and 5 loved ones per member through the Navy x Headspace partnership.



- ‡ COMPLEMENTARY CONTINENTAL BREAKFAST
- ‡ OPEN 24 HOURS
- ‡ PET FRIENDLY

- ‡ FULLY EQUIPPED KITCHEN
- ‡ FREE WIFI

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

Reading is FUNdamental: community shows out to annual “Read Across DoWEA”

Story by Lt. Daniel Ehrlich
Photos by Mass Communication Specialist 1st Class Drace Wilson
 Naval Station Rota Public Affairs

A group of students gather around a man in a Navy uniform. Their eyes are wide in excitement and their faces focused on the man in camouflage. They raise their hands, nearly falling over each other, to ask questions and make various silly and thoughtful comments. Not of him, but of the book he is holding.

This was the scene in many a classroom at David G. Farragut Rota Elementary School on Tuesday, March 3, as more than 20 Navy and Air Force service members and Department of War civilian counterparts took a little time away

from their Outlook emails and meetings to read to children from kindergarten all the way to fifth grade. Even leadership took part with Naval Station Rota’s command triad all participating alongside several supported command leaders.

This was a part of the school’s celebration of Read Across Department of War Education Activity (DoWEA) Day, an annual event mirroring the National Education Association’s Read Across America Day. Read Across America Day was launched in 1998 to promote the advancement of and motivation for reading among school-age children and is normally celebrated on March 2 every year. It also shares the special status of lining up with the birthday of the great children’s writer, Dr. Seuss.

For the celebration, readers got to choose from a stack of popular children’s tomes. I personally chose Space Dog by Mini Grey, a book about a dog astronaut exploring the universe and saving planets from certain doom. Along the way, he meets the typical nemeses of space dogs, space cats and space mice; however, they work through their differences and team up, continuing to explore the universe and save the various wacky food creatures that live among it.

The theme of the book Space Dog, teamwork, is a reminder of the power of books to teach children important values and lessons. One of Read Across America

Day’s goals is to link the messages in books to experiences and lessons in kids’ daily lives. When kids create those text to world links, the reading feedback loop begins and a lifelong love of reading can develop.

Unfortunately, that loving feeling for reading has been lacking across America. The National Report Card’s most recent analysis in 2024 reporting a sharp decrease in elementary and middle school reading performance at low and moderate abilities and stagnation at higher percentiles. This is an omen that is reflected in the adult population today with Americans over 14 years old reading for personal reasons for an average of only 17 minutes per day.

If anything, though, the strong support from the Rota community and DoWEA



educators demonstrates that this omen is not a foregone conclusion for the children of tomorrow. The excitement of Rota’s students is a clear sign of interest and many of the books read reinforced positive habits and values to reflect in their daily lives. So, if you haven’t already, why not pick up a book and go on an adventure together?



Great Food. Unbeatable Views

Enjoy breakfast, lunch or weekend dining overlooking the bay and marina at Puerto Sherry.

Buffet Breakfast - with sea views - 12€

Daily Menu - fresh and balanced - 18€

Weekend Menu - for the whole family / 25€ per adult / 12€ per child

Visit Puerto Sherry. Eat well. Enjoy the view.

Easy access from Rota Base. Relaxed atmosphere by the Marina.

Make your reservation by phone or WhatsApp | **638 224 819**

Puerto Sherry. Av. de la Libertad, s/n, El Puerto de Santa María



LA TERRAZA
 PUERTO SHERRY

Library brings stories to life - with potatoes - during "Read Across DoWEA" Week

Courtesy Article

The library at David Glasgow Farragut (DGF) Elementary School was buzzing with excitement last week as students, teachers, and families came together to celebrate Read Across DoWEA Week in one of the most creative ways imaginable: by turning potatoes into beloved book characters.

That's right - potatoes.

This year marked the 4th annual Potato Book Character Contest, and it was the largest one yet. The display featured an impressive 234 individual student entries, transforming the library into a vibrant gallery of literary-inspired potato art. Students from PreK through 5th grade showcased their creativity by designing potato characters that represented their favorite books.

The display highlighted the diversity of reading interests across the school. Younger students crafted cheerful potatoes inspired by early readers - bright, colorful designs resembling characters like The Very Hungry Caterpillar, Pinocchio, and Pete the Cat. Their simple shapes, felt accents, and googly eyes brought the charm of picture books to life.

Older students took the challenge even further, producing detailed potato versions of well-known fictional heroes. One potato, Splat the Cat, included a raft and arm floaties - just like on the book cover. Some students created miniature diorama scenes, turning their potatoes

into actors on tiny literary stages.

"This is my favorite week of the school year," said Mrs. Popadines, the school's librarian and organizer of the event. "It's a time to share a love of reading, stories, and creativity with students. They take such pride in their creations and genuinely enjoy introducing their favorite books to their peers. Their enthusiasm is what inspires me to keep this tradition going year after year."

Students echoed that excitement. Farrah, a 4th grade student, offered heartfelt advice about creating her character: "Always try your best and even if something goes wrong, never give up."

Dahlia, a 3rd grader, shared a more personal motivation for participating, explaining, "I usually don't stand out, but the potato project gave me an opportunity to shine."

The optional at-home project was designed not only to promote literacy but also to strengthen family involvement in students' reading journeys. Teachers noted that the project sparked conversations about favorite stories and encouraged students to think deeply about characters, details, and storytelling. Even students who typically shy away from reading-based activities found themselves engaged through the creative challenge.

The potato character display quickly became a highlight of the week, drawing crowds of curious students who eagerly pointed out their friends' creations and

shared the stories behind them. The exhibit served as a reminder of the power of reading - and how creativity can bring books to life in unexpected ways.

As Read Across DoWEA Week came to a close, the library's shelves remained full, but the potatoes stole the spotlight. In the end, the activity achieved exactly what it set out to do: Inspire excitement, celebrate literacy, and bring families into the heart of their children's learning.

And all it took was a little imagination... and a lot of potatoes.



The contest celebrated 21 winners in all, with top three entries chosen from each grade level, PreK through 5th grade.

A HIGHLY QUALIFIED TEAM
WITH MORE THAN 15
YEARS OF EXPERIENCE.



DONOVAN DENTAL

CARING FOR YOUR
DENTAL NEEDS
WHEN AWAY FROM HOME

CAN ASSIST
WITH TRICARE
INSURANCE




**DEDICATED TO
YOUR SMILE**



PROFESSIONALS IN:

- ✓ CONSERVATIVE DENTISTRY
- ✓ ORTHODONTICS
- ✓ INVISALIGN
- ✓ ENDODONTICS
- ✓ PERIODONTICS

- ✓ PEDIATRIC DENTISTRY
- ✓ PROSTHODONTICS
- ✓ ESTHETIC DENTISTRY AND SMILES DESIGN
- ✓ SURGICAL
- ✓ IMPLANT AND ORAL PREVENTION

clinicadonovandental.com
donovandental@gmail.com
856 003 107

Avenida Alcalde Antonio
García de Quirós 1
Rota 11520



KARTING

JEREZ

WE'RE OPEN
EVERYDAY


856 902 966


www.kartingjerez.com

C.C. LUZ SHOPPING (IKEA JEREZ)



Chaplain's Corner: Children, Faith and Lent

By Grainne Posey

Director of Catholic Education, Naval Station Rota Chapel

Whether you have just arrived at Naval Station (NAVSTA) Rota, still navigating and exploring the local Spanish lifestyle, or have been part of the installation for years, the Catholic chapel community is a spiritual anchor amidst the transitions of military life.

Located over at building 42, somewhere close to the famous intercultural relations class and the MWR library, the chapel is part of the hub of community life and spirituality. For Catholics, it's the center of gravity where we are pulled toward our sacrament, having dedicated time for prayer and meditation as well as moments of reflection, connection and laughter. It is a place where the body and soul are nourished, and where we can find direct connection with Christ in the capilla.

Our Sunday Mass is celebrated at 9:45 a.m. It is a welcoming place to meet, greet, sing and pray. In the Catholic community, you will find strong believers, a family atmosphere and role models. Where adults are normally an example in our society, here the children are given an opportunity to step up once a month and lead us into the Chapel. They leave their usual spot in the pews beside their families to sit together toward the front and take on the impressive task of stepping up in their community. The children gain the experience of what volunteering feels like for the day and receive a special sermon

from our dear priest, Father Tomek Maka, who engages the children in scripture and real-life experiences. This helps the Bible become more relatable and closer to the children's hearts.

As active members in the community, our Catholic kids are also preparing for Lent. Lent is the time between Ash Wednesday and Easter and is a time of prayer, fasting and alms giving. It is a chance to remember Christ's life-giving sacrifice and the depths of his selflessness. During Lent, we abstain from certain pleasures and fill the void with prayer. It's a time for self-reflection, self-discipline, solidarity and preparation.

Part of our journey is to remember Jesus' journey with the "Stations of the Cross," also known as "La via Dolorosa" or the "Way of the Cross." Traditionally, this pilgrimage started in the 4th century A.D, when pilgrims began making journeys to Jerusalem stopping at the various sites associated with Christ's passion. While this pilgrimage is still an option, Jerusalem can be difficult to journey to every week, so we have a local more accessible option right here at the NAVSTA Chapel. We show this by travelling to over 14 "stations" inside the chapel to depict at each one a specific moment of Jesus' journey to the cross, connecting artwork, scripture, prayer, music and reflection.

Fridays during lent, the Catholic community joins at 5:30 p.m. to make the journey together. Each week different meditations are prepared by our different



groups: Children, choir, Catholic Women of the Chapel, Knights of Columbus, Priest and Sacramental class, each one offering a different view and perspective for each station.

Following prayer and meditation gives way to community and fellowship. By honoring tradition to abstain on Fridays

a meatless potluck is offered for anyone who would like to join. So, if you are interested in the experience, whether it's curiosity, the need for prayer or a connection on a Friday evening, all are welcome to join in this devotional practice.

God Bless.

2026 PCS? Order EARLY and SAVE More.

**EARLY ORDER
ADVANTAGE**

**4 Steps to Get the Car
AND Payment You Want.**

1. Only \$100 to get started!
2. Build your car the way you want it.
3. Grow your deposit over time to lower your monthly payment.
4. Have a new car waiting stateside when you PCS.

**Get started today and get up to a
\$750 Early Order Bonus!**

militaryautosource.com/earlyorder



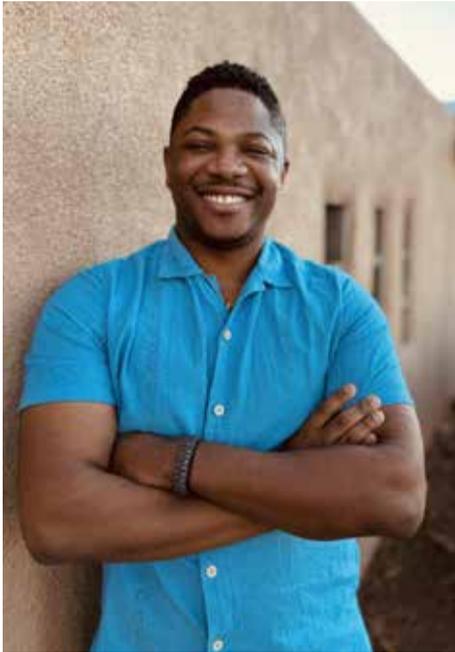
Stop by our location inside the NEX - David Goulden | dgoulden@militarycars.com | Office +34 956 822353 | WhatsApp +34 656 530 714



Early Order Advantage Bonus up to \$750 valid through 31 March 2025 on select 2025 models custom ordered for expedite delivery. New orders only. Not a sales rep. For complete details, contact Military Sales Corporation, an authorized contractor of the Exchange and Military Autosource, an authorized distributor for all and distribute vehicles, Ford, Ram, Volkswagen, and other brands. The information does not express or imply endorsement by the Exchange, MILCOM, DOD components, or the Federal Government and is not sponsored by them. (2025)

Active-duty Airman launches fantasy novel with publishing house

Courtesy Article



Traditionally publishing a fantasy novel is not an easy task. As a former military brat turned active-duty military officer, S.N.C. Fletcher considers his unique experiences a competitive edge in crafting his fantasy world.

"There comes a bit of pride in being called a military brat," said Fletcher. "You'll see places your buddies back stateside might not experience until they book a cruise mid-way through their 30s. You don't know completely what your parents do, but it's important, cool and action-packed! A large part of me always

wanted to sign up one day and follow a generations-long tradition."

Fletcher's parents, retired Senior Non-Commissioned Officers with 40-plus years of service between them, instilled in him a love of adventure and an eagerness to explore the world. His mother kept his room stocked with novels and picture books from all over the globe.

S.N.C. Fletcher's debut novel, "Beasts within Our Blood," was inspired by shonen anime settings, Netflix's "Arcane," and his earliest reads, such as "Inkheart" and the Percy Jackson series. But his writing's secret sauce has always been his lived experience.



Combining his time as a military brat and an active-duty officer, Fletcher has lived more of his lifespan overseas than within the United States. From the streets of Tokyo to the bays of Sydney, this

international sample platter has trickled into his writing, making his world vivid with culture.

Another aspect of military life is the frequency of moving. Fletcher hardly remembers a time he didn't have to say "See ya later" to friends once every three to four years. This unpredictability left him open to making new friends and connections while cherishing his familial bonds. This inspired his main character, one who doesn't quite fit the mold and

relies heavily on his family bonds to understand an inherited, mysterious power called a Gift.

"This novel includes a sort of warmth meant for readers stuck between friend groups," said Fletcher. "Every military brat knows that story."

Fletcher hopes his debut novel will resonate with anyone who feels "a little outside the script" and reminds them that we each carry a unique and precious gift to those around us.

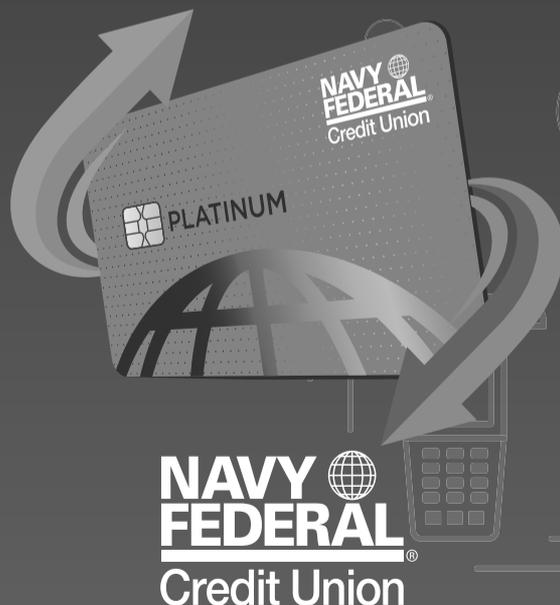
"Beasts within Our Blood" releases March 15 and is available for pre-order through major retailers.



S.N.C. Fletcher (Simeon Cole-Fletcher) serves as an Active-Duty Major in the United States Air Force. His career has taken him abroad through the Pacific, several stateside locations, and most recently a year in Türkiye. He hopes to one day write full-time, but for now is dedicated to a 20-year or more career in Aircraft Maintenance, following his 2014 graduation from the United States Air Force Academy. His debut features a rich fantasy world and a military-style battle academy while exploring themes of courage, camaraderie and family ties. Fletcher will spend the next few years in Spain with his wife of 12 years, 2-year-old daughter and two dogs, Maka and Potato.

Beasts Within Our Blood is set for publication in March 2026.

Count your savings when you pay no interest on balance transfers



You swiped the cards and spread some cheer—now your statement's here. *'Tis the season to dominate debt!*

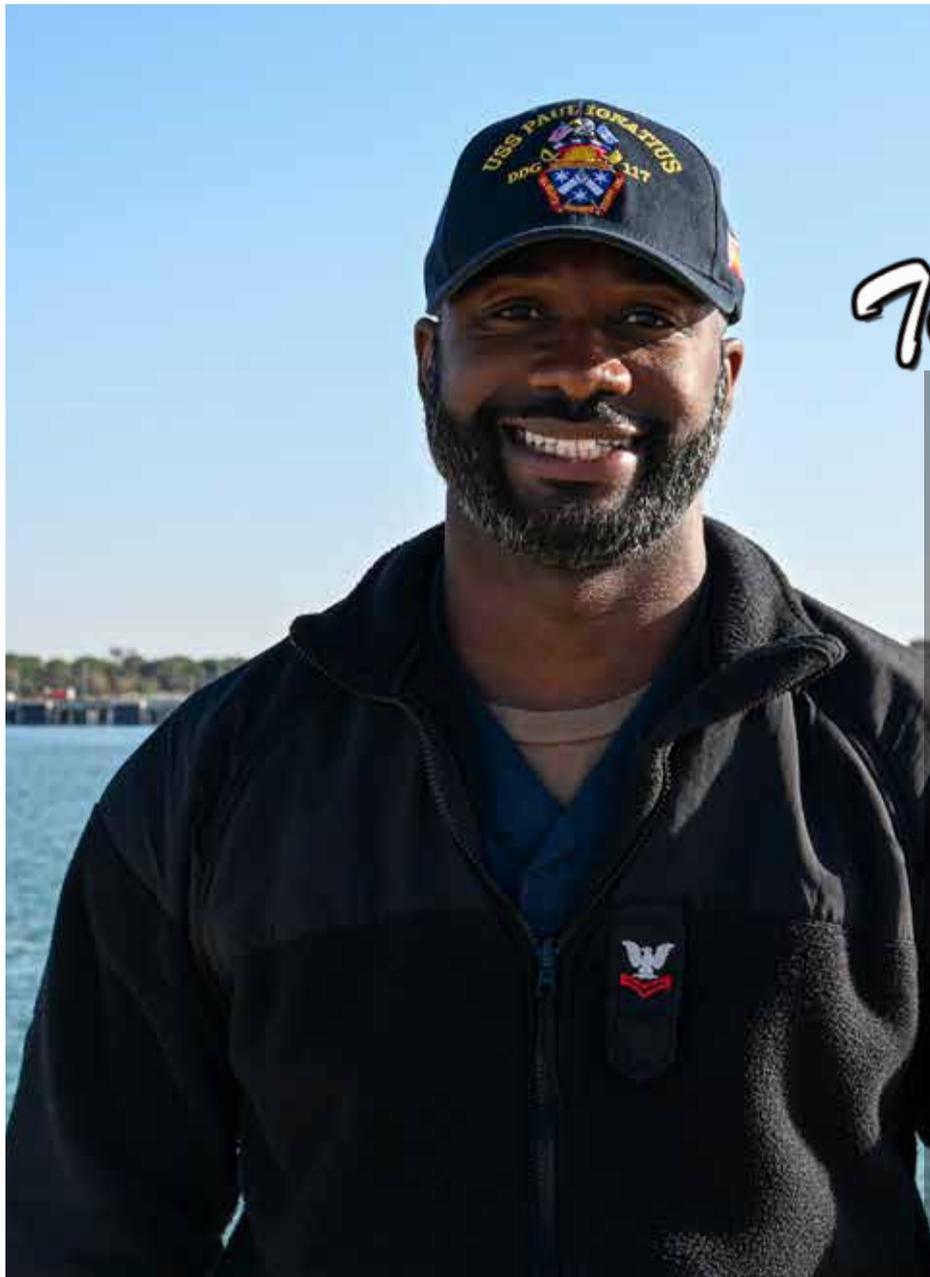
Get a **0% intro APR** for the first **12 months** on **balances transferred** to a new Platinum card within **60 days** of account opening. After that, a **variable APR** between **10.24% and 18%** applies. Plus, **no transfer fees!**¹



Scan the QR code² or visit navyfederal.org/DominateDebt to get started on your transfer today.

Navy Federal is federally insured by NCUA.

¹As of 2/2/2026, rates range from 10.24% APR to 18.00% APR, are based on product type and credit-worthiness, and will vary with the market based on the U.S. Prime Rate. ATM cash advance fees: None if performed at a Navy Federal branch or ATM. Otherwise, \$0.50 per domestic transaction or \$1.00 per foreign transaction. Balance transfer offer: Application must be submitted by 3/31/2026. Offer valid for balances transferred from non-Navy Federal credit cards within 60 days of account opening. Balance transfers are not eligible to earn rewards. Maximum total transfer amount is limited to your available credit line. Balance transfers using convenience checks are excluded from this offer. If you transfer a balance with this offer, interest will be charged on purchases made with your credit card unless your purchases have a 0% APR or you pay the entire balance, including any transferred balances, in full each month by the payment due date. Offer excludes Navy Federal Business, Home Equity Line Platinum, and cashRewards Secured credit cards. Limit of one promotional offer at account opening. ²Message and data rates may apply. Visit navyfederal.org for more information. © 2025 Navy Federal NFCU 14300 (12-25)



RP2 Bryan Farr

Religious Program Specialist 2nd Class Bryan Farr, from Houston, Texas, is assigned to the Arleigh Burke-class guided-missile destroyer USS Paul Ignatius (DDG 117). Before arriving at the Paul Ignatius in October 2025, Farr served for two years onboard Naval Medical Readiness and Training Command (NMRTC) Bethesda in Maryland.

"My daily responsibilities include supporting the chaplain in ministry and mission-related duties, assisting Sailors with religious needs, helping coordinate counseling resources, and connecting Sailors with Navy programs that support their overall well-being," said Farr.

Farr also assists in planning and coordinating religious services as well as handling administrative tasks that support the command's religious ministry program. He also coordinates volunteer opportunities and community events as the ship's community relations coordinator!

"My favorite part of the job is the opportunity to connect with Sailors and support them both at sea and ashore,"

explained Farr. "Building relationships with Sailors, especially during underway periods and deployments, allows me to help support their morale, spiritual readiness, and overall well-being."

Farr loves having the opportunity to experience Spanish culture and to travel throughout Europe with his family. Outside of work, he enjoys spending time with his family, exploring new restaurants, attending his son's soccer games, and being involved with his local church.

"I want the Rota community to know I believe leadership and service go hand in hand, and through my faith in Christ I try to live that out by showing compassion, being present for others, and doing my best to make a positive impact wherever I'm stationed," stated Farr. "I truly enjoy serving Sailors and supporting them during both the good times and the challenging seasons of life. I'm grateful for the opportunity to serve alongside such a strong community here in Rota and to be part of something bigger than myself."

QR CODE
[MENU]

X

SIBUYA

URBAN SUSHI BAR

CC LUZ SHOPPING · JEREZ DE LA FRONTERA · CÁDIZ

V O L V O

The **XC40**

Compact Luxury with Swedish Flair

Drive away from **\$35,457**

Contact Sergio Becerra, your Volvo Specialist today:

+34 684 208 878

sergio@volvomilitarysales.com

volvomilitarysales.com

HoloLens Enables Remote Joint Inspection throughout 521st AMOW

Courtesy Story by 521st Air Mobility Operations Wing

A joint inspection is an important part of preparing cargo for transport on military aircraft. Nearly every day there are aerial porters in the 521st Air Mobility Operations Wing spread across multiple areas of responsibility who inspect pallets of equipment and supplies to confirm proper packaging, weight, balance and preparation, ensuring the cargo can be safely transported via aircraft.

But what if these Airmen couldn't inspect the cargo in person?

That's the question that the 725th

Air Mobility Squadron has been trying to answer since 2021. HoloLens, an augmented reality headset, enables aerial port experts to aid and guide technicians by looking through their eyes. They have demonstrated how the augmented reality capability can be used to increase Rapid Global Mobility in a variety of maintenance, air transportation, and command and control scenarios, increasing the speed of maneuver to sustain Joint force lethality across the competition continuum.

Stationed at Aviano Air Base, Italy, the 724th Air Mobility Squadron regularly

partners with users in the region to prepare their cargo for forward deployment. They received an opportunity to work with the 173d Airborne Brigade to perform a joint inspection remotely using the HoloLens. To best test the utility of the device, the 724th AMS worked alongside the 725th AMS, the 521st AMOW's foremost authority on the technology.

"We spent a year working with the manufacturer and experimenting with different add-ons to figure out the right software and process we needed to get to where we are today," said Chief Master Sgt. Anthony Sewejkis, 725th AMS superintendent. "Now it's plug and play. We can connect anywhere just using the HoloLens, a wifi hotspot, and a laptop."

From a conference room back at Aviano, Airman 1st Class Delaney Boehm, a 724th aircraft services specialist, guided the personnel at Vicenza through the JI, circling areas on her screen that she wanted them to focus on.

"It was a great experience that showcased our squadrons' innovative approach to conducting routine inspections and allowed a technician in the field to work hands-free while receiving real time guidance from a remote expert," said Staff Sgt. Devin Robert, 725th AMS NCOIC of network operations. "The ability to highlight individual objects in the technician's field of view goes beyond the capabilities of a traditional video call."

Although the remote JI was just a proof



of concept, it demonstrated flexibility and ease of use to Joint partners and to the headquarter Air Mobility Command staff.

"There is a push in the air transportation career field to explore new ways of accomplishing our mission, irrespective of geographical constraints," said Lt. Col. Katherine Wilson, 724th AMS commander. "We tried the HoloLens alongside a traditional video call, and the immersive hand-free component of the HoloLens experience streamlined communication and overall speed of the inspection."

Leveraging this new technology, the 725th AMS is continuing to refine processes and enabling mission execution despite the geographical separation within the 521st AMOW.



BRIGHT EYES

Developmental Preschool Group



Where little minds grow through connection, curiosity, and care.

Bright Eyes is a small-group, play-based program for young children who benefit from developmental support in a warm, structured environment. We nurture growth through relationships—helping children communicate, connect, and build confidence as they explore the world around them.

Our approach combines early developmental support with a specialized clinical team, providing individualized support in:

- Language and communication
- Social interaction and peer engagement
- Emotional regulation
- Adaptive learning and daily living skills
- Sensory and motor coordination

Each child's participation is determined individually based on developmental needs. Families are central to our work, and we partner through ongoing communication and family sessions to support continuity of care at home.

Let's connect

- 📞 +34 722 52 60 94
- ✉ contact@brighteyesrota.com
- 🌐 brighteyesrota.com
- 📱 Facebook & Instagram: @brighteyesrota



DR. Pérez Jiménez
Clínica dental y medicina estética

5% DISCOUNT

ON ALL TREATMENTS

Dental / Aesthetic

FOR MILITARY STAFF





Visit us: C/de las Margaritas 56(Vistahermosa)
El Puerto de Santa María

Schedule your appointment: 956 871 036

doctorperezjimenez.com



BILINGUAL EDUCATION

EARLY CHILDHOOD

PRIMARY EDUCATION

OUR LEARNING SYSTEM

Bilingual learning community in El Puerto de Santa María (Cádiz), offering an alternative approach to education for children aged 3-12. Inspired by Waldorf education and enriched with Montessori. With small groups of up to 15 children

ADMISSION OPEN



School rhythm aligned with family life

The school operates from 9:00 to 14:00, following the Spanish school calendar. Extended hours may be available on request to support the needs of working parents.

A calm, nurturing learning community

Lumina Academy offers a warm, respectful environment where children feel safe to explore, create, and grow while building meaningful relationships with teachers and classmates.

Creative, experiential and nature-inspired learning

Our approach combines creative arts, storytelling, practical activities, and hands-on exploration. As an urban alternative school, we also use our surroundings for learning, including nearby Europa Park and green spaces, bringing nature, movement, and real-world experiences into everyday education.

Bilingual environment and holistic development

Children learn in a naturally bilingual environment (English and Spanish) through gentle immersion into the language and culture. Our goal is not only academic learning, but also the development of confidence, creativity, emotional intelligence, and curiosity.

CALL US: +34624192088

www.luminaedu.org | info@luminaedu.org



DELIVERY:

856 112 943
659 006 624



YOUR RESTAURANT



...AND NOW, PREMIUM MEATS & BURGERS



RESTAURANT MENU, INCLUDED PREMIUM MEATS & BURGERS MENU

DELIVERY TO ROTA & ROTA GATE FROM 1PM TO 11:30PM

OUR INSTAGRAM PROFILE. FOLLOW US



FOLLOW US CALLE HIGUERETA 60



SCAN TO
DONATE NOW

 **RESET
RUNNING**

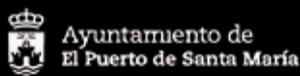
10K BENEFIT RUN
MARCH 22, 2026
EL PUERTO DE SANTA MARÍA

ORGANIZED BY:

RESET
THE ART OF **BODY**

www.resepeople.com

SUPPORTED BY:



**RESET
NUTRITION**



BENEFITING:



When Spain feels slow - and why that's the point

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

For many Americans arriving in southern Spain, one of the first adjustments isn't the language, the food or even the paperwork.

It's the pace.

Shops close in the afternoon. Some businesses shut their doors on Sundays. An errand that might take 20 minutes somewhere else sometimes requires a little patience here. At first, it can feel surprising, especially for families used to the always-open rhythm of life back home. However, what can initially feel like inconvenience is often something deeper: a different philosophy about time.

And once you begin to understand the rhythm behind it, the pace of life in Spain starts to make a lot more sense.



The Midday Pause

Many people arrive in Spain having heard about the famous siesta and imagine the entire country asleep after lunch. The reality is more nuanced.

Modern Spain is busy and productive, but in many towns, particularly in our southern regions in Andalusia, smaller

shops still close for a few hours in the early afternoon. You may notice storefronts shuttered between roughly 2 p.m. and 5 p.m., reopening again later in the evening.

There are practical reasons for this rhythm. Historically, the midday break helped people avoid the intense afternoon heat. Even today, during much of the year, those hours can be the hottest part of the day.

So, the schedule shifts. Work often begins earlier, pauses when temperatures climb and continues later in the afternoon. Evening life naturally stretches longer as the air cools.

For many Americans living here, it can feel as if the day has simply been rearranged.

Sundays Are Different

Another cultural shift many people notice is Sunday.

In much of Spain, Sunday is still treated as a day for family, rest and long meals rather than errands and shopping. Larger supermarkets and tourist areas may open during the high season, but many neighborhood businesses remain closed.

Instead of rushing through chores, people gather. Walk through a town on a Sunday afternoon and you'll see families around long tables, children playing in plazas and friends lingering over conversation.

It's less about productivity and more about time together.

A Different Relationship With Time

Daily life in Spain often moves with a rhythm that places value on moments rather than strict schedules.

Meals are rarely rushed. Conversations tend to stretch longer. A quick coffee stop can easily turn into an unexpected catch-up with neighbors.

In the evening, when the heat of the day fades, many towns come alive again. Families head out for the traditional

paseo, a relaxed walk through the neighborhood or along the waterfront. Children ride scooters, grandparents sit on benches and friends stop to chat.

For those adjusting to life here, the shift can take a little getting used to.

But many families eventually discover something unexpected in the slower rhythm: space.

Space to talk. Space to enjoy meals. Space to simply be present.



around new schedules or learning which businesses close on certain days. Over time, however, the rhythm begins to feel familiar.

Evenings stretch longer. Meals become less hurried. Weekends shift from a checklist of errands to time spent exploring towns, walking along the beach or sitting outside with friends.

What once felt slow starts to feel intentional.

The Gift of Slowing Down

Spain is a modern country with busy cities, growing industries and full calendars. Yet it has managed to hold on to traditions that create balance between work and rest, activity and pause.

For families spending time here, whether for a few years or longer, that rhythm offers a different perspective.

In a world that often celebrates speed, Spain quietly reminds us that life doesn't always have to move faster.

Sometimes it simply moves better that way.

And if you ever find yourself wondering why the bakery closed early, why the shop reopens at night, or why lunch seems to stretch for hours, chances are there's a cultural story behind it.

Those little discoveries are part of the adventure of living here, and helping people make sense of them is something we always enjoy along the way.



Learning the Local Rhythm

Families stationed in Spain often find that adapting to this pace happens gradually.

At first it might mean planning errands





ALL HOME FURNITURE

MATTRESSES • LIVING ROOMS • BEDROOMS
SOFAS • DECORATION • HOME DELIVERY

856 19 91 04 

pedidos@almainteriores.com
www.almainteriores.com
C/ Carpinteros 2 - ROTA (Cádiz) **36.631665, -6.36525**



ESCANEA ESTE CÓDIGO Y SIGUENOS EN INSTAGRAM



DELIVERY TO ROTA'S GATE 

ORDERS BY: PHONE, WHATSAPP, UBER AND WEB

856 541 220  691 858 806 - 643 416 557 

AV. SEVILLA 33 ROTA
WWW.BUNUOLIN.ES



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.

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@nmcrcs.org

Facebook: www.facebook.com/nmcrcsrota

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/nmcrcsrota> 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/nmcrcsrota> 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.

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.

Antonio's Bicieletas
Antonio Castellano Pacheco

BUY A BICYCLE, BRING THE AD AND GET FREE A HELMET AND LIGHTS

Avda. San Fernando, 66 - ROTA - 956 81 46 44

New Models of BMX & Freestyle Bicycles
2 Years Full Warranty
We Have Lay Away
Tune Ups 40€
Repairs



American Owned & Operated

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

Bailey's
GRILL

SPECIALTIES:
Argentinian Beef, Grilled Meats, Jumbo
Burger 100% Beef

Ample Parking • Large Playground • Takeaway Available

OPEN EVERYDAY: 13:00 – 24:00
Ctra. Fuentebravía Km 4 • 956 480 434 • Puerto Santa María



NAVSTA Rota personnel pier cleanup

Photos by Mass Communication Specialist 1st Class Drace Wilson



Personnel assigned to Naval Station (NAVSTA) Rota, Spain, and its supported commands pose for a photo after conducting a pier cleanup onboard the installation, Feb. 26, 2026.

FDRMC holds beach cleanup

Photos by Cmdr. Greg DeJute



RASAUTO
CAR LOT ROTA

Company dedicated to the purchase and sale of used vehicles for the American population of Rota Navy Base and Moron Air Base

- Used vehicle sales
- We manage all the documentation for Acces to the Base and be legal on spanish road
- We will buy cars from people transferring out of Spain
- More then 20 years selling and buying cars

+34 636 727 061 autorad1@hotmail.com

In El Puerto de Santa María
3 MIN.
From the
Fuentebravía
GATE!!!



Avenida de Fuentebravía 3. El puerto de Santa María (36.603757, -66.266260)
TM Burger King Corporation. © 2021 Burger King Europe GmbH. Todos los derechos reservados.



Mundo Mascotas

Pet grooming service - Natural food - Accessories

+34 640 80 09 60

petworld

Pet World Rota

Petworld Rota Google Maps



Pulcinella

AUTHENTIC FROM NAPOLY

DINNER IN PICK UP DELIVERY SOON

NEW INROTA



PIZZA SALAD PASTA & MORE

LOCATED IN OLD TOWN PLAZA LAS CANTERAS, ROTA

ORDER 635 462 072



SPECIALIZED IN

Grilled Meat

Gourmet Food, National Wines and Hand-crafted Beer



5% OFF For american military

AV/ MARIA AUXILIADORA N°19 (ROTA)

RESERVATION 956 62 59 16

KITCHEN WORKING FROM 12.00 AM TO 12.00 PM

High school students visit NAVSTA Rota

Photos by Alejandra Tirapu

Students from IES Arroyo Hondo, a high school from Rota, visited Naval Station Rota, on Jan. 20 and Jan. 27, 2026.

This visit is part of a new annual program implemented in collaboration with the Welcome to Rota office and the Spanish Armada for high school

students from Rota to learn more about the base. The groups had the opportunity to participate in a base windshield tour, a visit to Fire Station 3 and receive a brief by Lt. Josh Matias, the Operations Officer onboard the Arleigh Burke-class guided-missile destroyer USS Bulkeley (DDG 84), about the ship's mission and the importance of the base.



Rota MWR hosts Highland Games

Photos by Christina Brewer



U.S. TAX
CONSULTANTS

DON'T TAKE RISKS WITH YOUR TAXES



Tax Office At Navy Exchange · US & Spanish Tax Services

- e-FILING - ITIN Applications - IRS Authorized POA for deployments

- Tax services provides for:
- Active and Reserve · Retired · Family members · DoD Civilians & Family
- Free Tax Consultations

Phone: +34 676 175 622 · rota@ustaxconsultants.es · www.ustaxconsultants.es

Spouse Talk: Running on fumes

By Ashley Leigh
Contributing Community Member

I homeschool my daughter. It wasn't by choice, but for her a necessity. It's now year three of homeschooling and the work, (basically math) is getting pretty challenging. Sixth grade math has about taken me out. I don't remember how to find the circumference of a sphere. I've never needed to use that skill. But here I am, spending all day trying to relearn something that I wasn't good at to begin with and all for the sake of her education.

We give up so much for those in our lives. I could be outside mowing the lawn, shopping with a friend, eating churros at a café, or working on a sewing project... But instead, I'm working on math. You've probably found yourself up early on a Saturday morning headed to a sporting event for your child, sitting in the blazing heat battling mosquitoes and trying everything to keep your other child from running onto the field. You come home sweaty, tired and probably dirty. Oh, and here's your consolation prize: You get to make lunch, clean up the car where little so-and-so spilled their drink, fold the laundry, put someone down for a nap (not you though), get dinner prepped, walk the dog, maybe exercise, and then do it all over again next weekend.

Our lives can feel like the "Truman Show." We continually duplicate our days. That can feel very unsatisfying. Thoughts of "what if" creep in when we feel

like our purpose is not very valuable within the family unit. "What if we only stayed in four years like he promised?" "What if we never had kids?" "What if we never got married and I stayed in my comfortable life?" Military or not, I think we've all had those thoughts at some point. We pay a big price tag for loving our family and the change we receive in return doesn't always seem like enough.

We don't get recognized for all the work we do around the house or for the kids. It isn't that we need it, but it would be nice once in awhile to get a "thank you" or acknowledgement of the hard work you put in that day. I'm always jabbering to my husband and daughter that I'd like a "Hey mom, thanks for doing that for me." I'm grateful to my friend, Mariana Miller, for always saying how good of a wife I am. That makes me feel seen. Just that acknowledgment, and not even from my family but from a friend, makes me feel like the labor of love is all worth it.

We live exhausting lives, kids or not. We don't always get the validation we deserve from our family. Our "spouse tanks" are running on fumes, but we still plug on. We might even have to get out and push the car - ourselves - but we keep on. We preserve as spouses. It's a superpower we get after we say, "I do." We do it because we love our family, and we want everything for them even if it means giving up some of ourselves. In the end, we've done our best to give them the best.

MWR Lisbon hosts Morale Waffle Morning

By Michelle Candido
U.S. National Support Element Lisbon MWR

MWR Lisbon recently hosted a Morning Morale Waffles event at Leisureland, bringing service members and staff together for a relaxed start to the day. From 9 a.m. to 11 a.m., participants enjoyed fresh waffles while connecting with the MWR team and learning about upcoming programs and activities.

The event also served as a morale pulse check, giving attendees an opportunity to share feedback and let the MWR team know how programs are supporting their quality of life. Guests were invited to participate in a quick morale check by dropping their responses into a feedback jar and speaking with staff about future events they would like to see.



LITTLE JOHN
BURGERS & THINGS

ORIGINAL AUTHENTIC FAST GOOD IN ROTA

ORDER IN:
UBER eats

OWN DELIVERY:
QR CODE

PL. LA CANTERA, 13, 11520 ROTA, CADIZ
[HTTPS://LITTLEJOHNBURGERS.COM](https://littlejohnburgers.com)

restaurant
AJEDREZ BEACH CLUB
casa al mar

Asian & Mediterranean Cuisine

We open every day for lunch and dinner except Mondays all day. Also we close Sundays night.

- Private Parking
- Fire Place
- Hammocks Over the Ocean
- Chill Out Bar - Terrace - Cocktails & Music
- Massages, Showers

Reservations: 956 23 50 71 - 626 126 960
Facebook/ajedrezbeach - @AjedrezBeach - www.ajedrezbeachclub.es
Calle Miramar, 1 - Playa tres piedras - Costa Ballena
GPS 36° 41'41.99N 6°25'30.37W

The Navy-Marine Corps Relief Society: The impact of the Active Duty Fund Drive

Story Aviation Boatswain's Mate (Fuel)
 2nd Class Daniel Sutton II
 Photos by Mass Communication
 Specialist 1st Class Drace Wilson



The Navy-Marine Corps Relief Society's (NMCRS) motto is "standing by Sailors and Marines - when it matters most. Real help. Real relief," and they have done so for over a century. NMCRS offers a plethora of financial assistance: interest-free loans, grants, counseling on budgeting, and much more. NMCRS has over 200 offices for both ashore and afloat all over the world, run by not only the paid employees, but also by the thousands of volunteers who are trained and willingly contributing to the two profound military branches and their families. Despite all the opportunities and programs they have to offer, one of their most meaningful events they conduct annually is the Active Duty Fund Drive (ADFD).

The Positive Outcome

Just last year alone, NMCRS provided approximately \$47 million dollars of financial aid to over 200,000 active duty and retired Sailors and Marines, along with their family members. Part of this gracious endeavor could not have

happened without the courtesy of the ADFD. Since 1904, they have been a non-profit organization receiving no funds from the Department of Defense. Bringing this eventual phenomenon to the work and contribution of the people, for the people. Nonetheless, they implore, "the primary objective of the ADFD is to increase awareness of the resources available," according to former Secretary of the Navy, the Honorable Carlos Del Toro.

What It Supports

This yearly event aids the military and families; however, prior to this, it would go to the financial help that correlates with the specific assistance they request. This comes in a manner of absolutely no gift is handed out in vain; everything is for a good cause, ensuring that no matter the conflict you are facing, NMCRS will guide you through.



Amanda Heriford, the director of the Navy-Marine Corps Relief Society's (NMCRS) Rota office, speaks to service members during the NMCRS Active Duty Fund Drive kickoff event onboard Naval Station (NAVSTA) Rota, Spain, Feb. 26, 2026.



ROTAS GETTING A NEW SPORTS BAR IN SEPTEMBER

**FOOD
MUSIC
COCKTAILS
BRUNCH**

**BUFFALO
SPORTS TAVERN
★ ROTA ★**

CALLE HIGUERETA NUMERO 57

**GIANT
SPORTS
SCREEN...**

**BETHEL
BAPTIST CHURCH**

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

SERVING OUR COMMUNITY IN ROTA SINCE 1973

Pastor Michael &
DeAnna Staley

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

SUNDAYS AT 10AM & 11AM • THURSDAYS AT 6PM
ALL SERVICES ARE IN ENGLISH

CALL: 670.296.611
BETHELBAPTISTROTA.COM

HELLO BABY!
 NAVSTA Rota
 Birth Announcements

Michael M. Franco
 8 lbs 0 oz
 Born on March 9th, 2026
 Congrats to Paisley & Michael Franco

Sinclair E. Kohn
 6 lbs 12 oz
 Born on March 12th, 2026
 Congrats to Samantha & Hunter Kohn

Pharmacy Essentials: What You Need to Know



- 1. How often does the pharmacy order medications, and how long does delivery take?**
 - The pharmacy orders medications weekly and monitors supply daily. Due to our overseas location, deliveries typically take 14 business days to arrive. Unforeseen supply chain issues, including weather or transportation delays, may impact this timeline.
- 2. What happens if my medication is on backorder or unavailable?**
 - Sometimes medications are on backorder or are otherwise unavailable for refill. If this happens, we will work with you and your provider to try and achieve the best outcome possible. For medications that treat chronic health concerns (e.g., diabetes, high blood pressure, infections), the pharmacy will work with your provider to find a suitable alternative to ensure your treatment continues uninterrupted.
 - In some cases, we may recommend filling your prescription in a host-nation pharmacy. In those instances, our pharmacy will help you navigate obtaining your prescription at a Spanish pharmacy. Please check with your insurance provider in advance to confirm reimbursement eligibility.
- 3. Are any medications currently in short supply?**
 - Yes. The manufacturer may say that there is not a national shortage of GLP-1 medications, especially Zepbound; however, the demand far outweighs the supply. We are competing with other pharmacies for the medication. The pharmacy gets allocated a number of units per week set by the vendor or manufacturer. We appreciate your patience as we work to refill our supply.
- 4. Is there a waitlist for GLP-1 medications?**
 - Yes. GLP-1 medications are waitlisted. You will receive an "Out of Stock" form with an email address to check your status. Please send an email in 14 days to request a status update.
- 5. Is Express Scripts (Home Delivery) still available?**
 - Yes, Express Scripts is a great option that can ship to APO/FPO/DPO addresses and to U.S. embassy/consulate addresses overseas.
 - Note: Refrigerated medications and pressurized devices (inhalers) cannot be shipped to APO/FPO/DPO addresses.
- 6. How much medication can I refill or stock up on?**
 - While TRICARE does regulate the amount of medication prescribed at one time, we recommend speaking with your provider about the possibility of increasing your medication supply, in most circumstances we are limited to filling to a 90-day supply.

100% HOMEMADE
 ALSO ASK ABOUT GLUTEN
 OR VEGAN FREE FOODS



MORE ABOUT US



Let us Satisfy your Taste Buds

BREAKFAST-LUNCH-DINNER-DELIVERY-CATERING

DINE IN PICK UP DELIVERY





**Uber Eats
Glovo**



BAKERY & CAKES

HOMEMADE PASTRIES & DESSERTS
 CUSTOMIZED CAKES
 BIRTHDAY, ANNIVERSARY,
 PROMOTION & RETIREMENT CAKES

RESTAURANT & CAFE

FILIPINO ASIAN
 AMERICAN CUISINE
 TUESDAY - SUNDAY: 09:00 - 22:00

EVENTS & BBQ SPECIALS

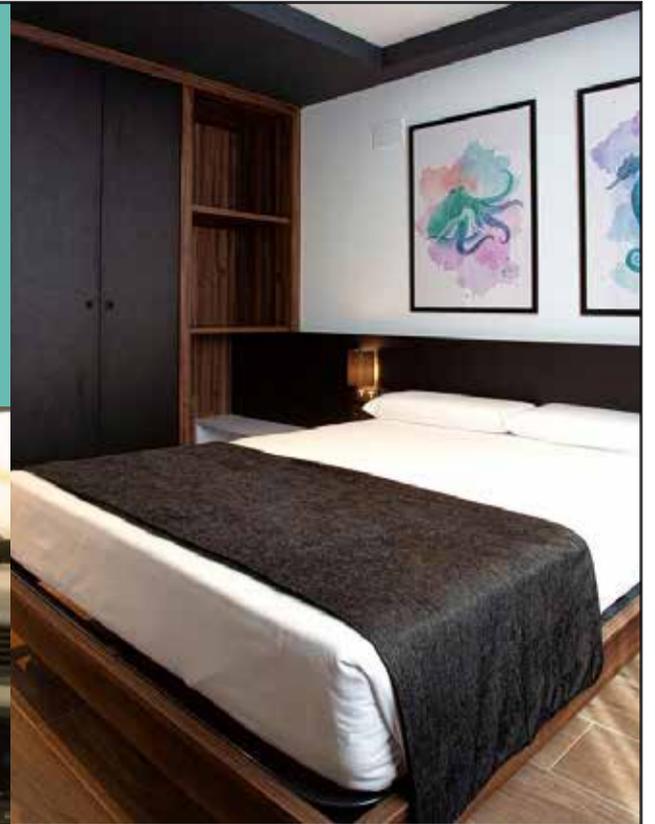
PARTY & CATERING
 DELIVERY IS AVAILABLE

+34 856 53 62 21 / 624 93 43 77  PLAZA DEL TRIUNFO 8 - ROTA



ALL YOU NEED FOR YOUR PCSING IS HERE.

Your comfort is our priority
TLA & Government rates



petfriendly

FREE RENTAL CAR DURING YOUR STAY

- 1, 2 and 3 bedroom apartments
- Swimming Pool
- Sedona Bar & Grill
- Breakfast included
- Pet friendly hotel
- Free rental car with 10 days stay



+34 956846103
hotelespadana.com
info@hotelespadana.com



AUTHENTIC ITALIAN RESTAURANT

c/ Paloma Zurita El Puerto de Santa María. (close to the Feria ground)

956 541 243 - Delivery (ext.1) - Restaurant (ext.2)

OPENING TIME
13h - 24h



www.pizzeriablancapaloma.com

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



GPS: 36.625844, -6.358793

Hyundai i 10 automatic available



BOOKINGS: 956 811 848 / 607 977 615

WEEKDAYS 09:30-20:00 SAN JUAN BOSCO 1 - ROTA
info@miguelrentacar.com



WEEKENDS 10:00-14:00