

COASTLINE



May 14, 2026 / Volume 36, Issue 07

U.S. Naval Activities Spain

**NAVSTA Rota
Awarded
\$100 Million
Construction
Contract
Page 11**

**Armada and U.S.
Armed Forces
Compete in First
Ever Unity Games
Pages 16 - 17**

**22 NCR Sailors
Participate
in Obangame
Express 2026
Page 31**

Safety Office Rota: Developing a Proactive Safety Culture on NAVSTA Rota

Leadership Corner



Brooks Beall
Safety Director

Ensuring the safety and well-being of personnel, equipment, and infrastructure on Naval Station (NAVSTA) Rota is a mission-critical responsibility, maintained through a proactive approach by the installation's Safety Team.

By fostering a strong rapport with units across the base, the NAVSTA Safety Team takes pride in developing Collateral Duty Safety Officers (CDSOs) and customers throughout the base to build a sustainable safety culture. When conducting

workplace safety assessments, the team emphasizes providing guidance and instruction on mitigating deficiencies and treating each assessment as an opportunity for informal safety training.

The NAVSTA Safety office provides comprehensive support in several key areas, including:

- Operational Safety Support
- Confined Space Safety
- Traffic Safety
- Respirator Protection
- Occupational Safety Training
- Community Safety Support
- Motorcycle Safety Courses
- Explosives Safety

Beyond assessments, the Safety department contributes to the installation's excellence through communication. We provide informative monthly newsletters covering a wide range of safety topics tailored to the Spanish environment and industrial operations, such as traffic safety, pine processionary caterpillar awareness, machine guarding, cold weather injury prevention, and walking-working surface safety to prevent slips, trips and falls.

Award-Winning Excellence

The commitment to safety by the NAVSTA Safety team has not gone unnoticed. The department received the CNO Safety Award for OCONUS Medium Non-Industrial Installations for fiscal years 2022 and 2023. Furthermore, for their outstanding work in cultivating this proactive environment, they were honored with the Navy League Adm. Vern Clark Safety Award for the entire U.S. Navy in fiscal year 2023.

This multi-faceted approach ensures that NAVSTA Rota remains a safe and secure home for U.S. and Allied forces, sustaining mission readiness in the European theater.

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On The Front Cover



A Spanish Armada team and U.S. Armed Forces team compete in a hybrid workout relay during a Unity Games sports competition onboard Naval Station (NAVSTA) Rota, Spain, May 8, 2026. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jett Morgan)

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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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.

Pharmacy Essentials: What You Need to Know



7. Do controlled substances take longer to receive?

- Yes. Controlled substances (e.g., Concerta, Adderall, Ativan, Xanax, Ambien, opiates) require significantly more time because they require additional clearances from customs.
- To avoid running out of your medications, contact the Pharmacy to request a refill 14 days before your last dose.

8. Can I request an early refill?

- You can check the Medication Refill tab in the MHS Genesis Patient Portal to see when your prescription is ready for refill. Typically, most medications can be refilled when you've used 75% of your supply, while controlled substances are restricted to refill after using 90% of your supply. Please contact the pharmacy if you have questions.

9. Can I fill my U.S. Naval Hospital Rota prescriptions at Spanish community pharmacies?

- Yes, but you'll need to take extra steps to do so.
- You will need:
 - A Spanish-licensed physician's prescription. A local Rota physician can rewrite your prescription for a fee.
 - Your military Identification/Common Access Card (CAC).
 - You'll pay the full amount for your medication when you pick it up from the pharmacy, and then you can submit a reimbursement claim to International SOS.
 - The quickest and most convenient way to submit a claim is through the Express Scripts website. Go to the Express Scripts website and log in to your account. If you don't have an account, you will need to register.
 - Please stop by the Tricare Office in the hospital to get more detailed instructions.

Please ensure your contact information is up to date in MHS GENESIS. For assistance with updating your information, please go to Patient Administration, located at E033/E034.

If you have any additional questions or concerns, please contact the Pharmacy at +34 956-82-3565 or pull a "Questions" ticket from the kiosk.



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U.S. Sailors and Spanish marines conduct military working dog training

Photos by Mass Communication Specialist 1st Class Drace Wilson and Mass Communication Specialist 3rd Class Jackson Wanous

U.S Navy Sailors and Spanish Armada marines conducted bilateral military working dog (MWD) training onboard Naval Station (NAVSTA) Rota, Spain, April 14 through April 16, 2026. The training included various scenarios, such as area sweep and secure, threat neutralization, and bomb and drug detection.



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Rota MWR sevillanas class at La Plaza

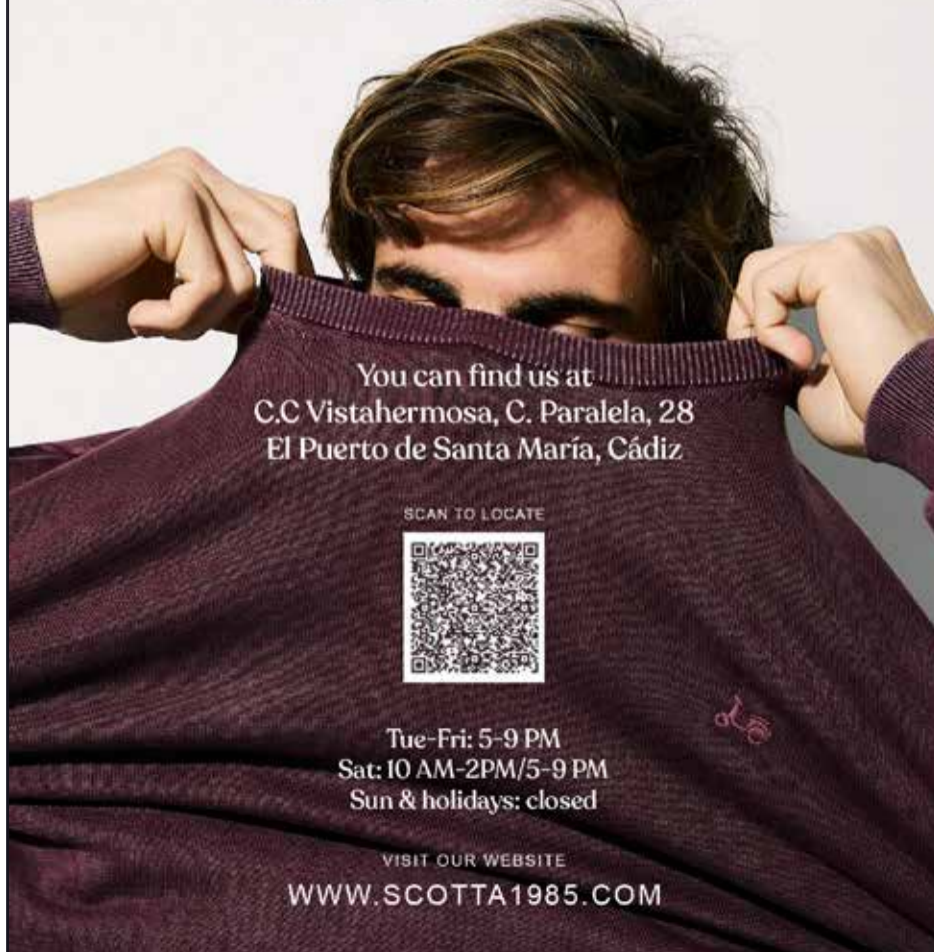
Photos by Amber Courtney-Duncan

In preparation for feria in Rota, Morale, Welfare, and Recreation (MWR) hosted a free sevillanas class by dancer and instructor Yvonne Trigo onboard Naval Station (NAVSTA) Rota, April 24, 2026. During the event, participants learned the steps for this dance in order to improve immersion in the local festivities and increase understanding of the local culture.





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LOCAL GASTRONOMY FUSED WITH OTHER CULTURES

PUBLISHER'S CORNER

Hango Grill: The Art of Authentic Korean BBQ Arrives Just a Short Drive from Rota

The Bay of Cádiz is adding a bold new flavor to its culinary scene. Hango Grill has officially opened its doors in neighboring El Puerto de Santa María, introducing the authentic Korean barbecue concept: a dining experience where guests step out of the spectator role and become the stars of their own meal. Located just a quick 25-minute drive from Rota, Hango Grill proposes a sensory trip to Seoul without having to leave the province. Far from the traditional restaurant structure, the secret lies in its custom tables equipped with state-of-the-art, built-in grills.

Here, groups of friends and families can cook premium cuts of meat and fresh vegetables exactly to their liking. This dynamic approach not only guarantees the perfect cook on every bite but also transforms dinner into a highly social, interactive, and fun event. More Than a Meal, a Ritual Korean barbecue is globally renowned for its perfect balance of flavors. At Hango Grill, the experience begins with a carefully curated selection of meats marinated in traditional recipes. The meal is complemented by an array of classic small side dishes—known as banchan—that bring the perfect contrast of spicy, sweet, and tangy notes. It is a cuisine designed for sharing, tasting, and above all, enjoying time spent around the fire.

Design and Atmosphere The space has been carefully designed to balance the edgy, industrial aesthetic of authentic Seoul BBQ joints with the warmth needed for a long, relaxed evening. And for those worried about the smoke? High-powered, modern extraction systems ensure that the delicious aroma of the grill stays on your palate, not on your clothes, allowing you to enjoy the intensity of the fire with total comfort. Hango Grill isn't just positioning itself as the go-to spot for Asian cuisine lovers; it is the ideal destination for celebrations, date nights, or group dinners looking for that. See their ad for more info.



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UCT 1 Seabees Execute Maritime Infrastructure Repairs in Croatia

Photos by Mass Communication Specialist 3rd Class Jackson Wanous

U.S. Navy Seabee Divers assigned to Underwater Construction Team (UCT) 1, Construction Dive Detachment Charlie (CDD/C), conducted infrastructure repairs and assessments at the Port Brizine fuel terminal in Split, Croatia, May 5, 2026. UCT 1, CDD/C, currently deployed under 22nd Naval Construction Regiment at Naval Station (NAVSTA) Rota, is a specially trained and equipped unit within Navy Expeditionary Combat Forces, that specializes in diving, light salvage, underwater construction, and military engineering operations in austere



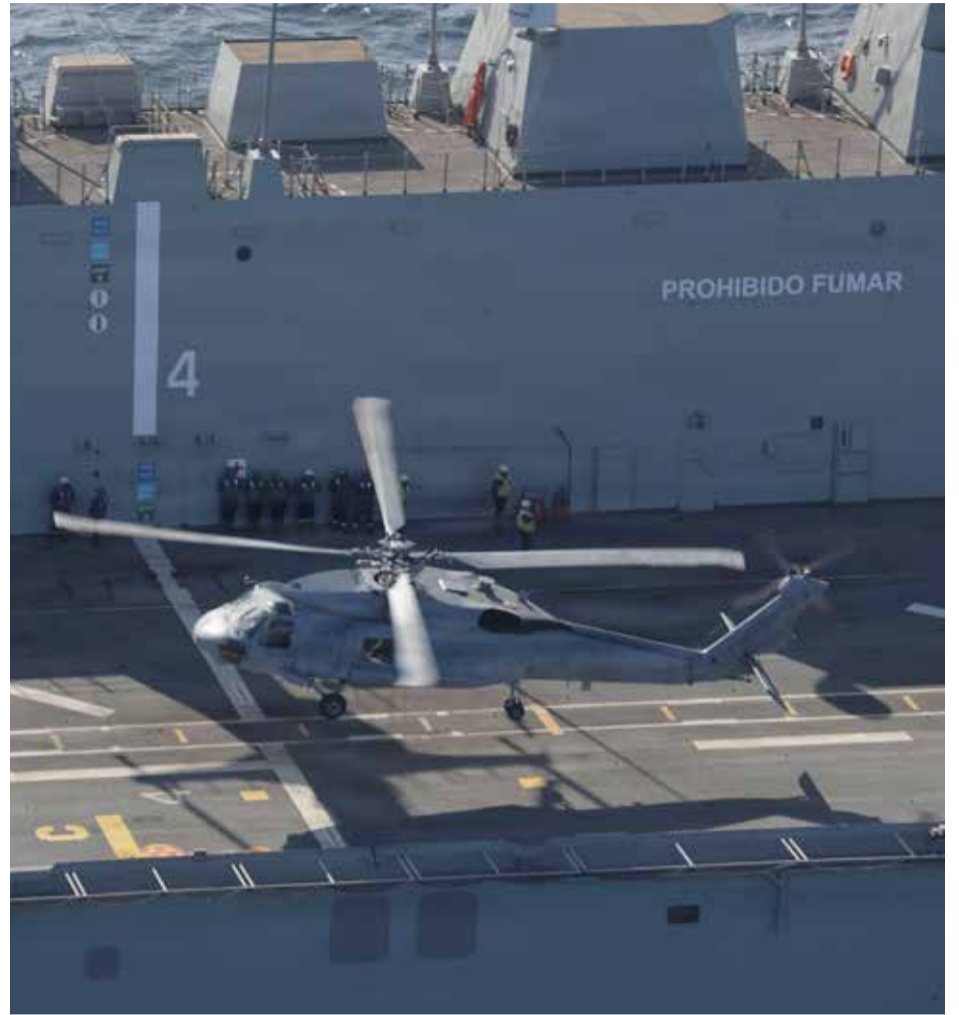
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HSM-79 conducts bilateral flight & deck landings with Armada

Photos by Mass Communication Specialist 1st Class Drace Wilson and Mass Communication Specialist 2nd Class Jonathan Nye

Sailors assigned to Helicopter Maritime Strike Squadron (HSM) 79 conducted bilateral flight exercises and deck landings aboard the Spanish Armada Juan Carlos I-class landing helicopter dock SPS Juan Carlos I (L61), March 18, 2026.

In addition, Cmdr. Alex Haupt flew one final time as the commanding officer of HSM 79, April 28, 2026. The flight saw Haupt land aboard the Spanish Armada Galicia-class landing platform dock SPS Castilla (L52). The HSM 79 change of command ceremony will take place May 21, 2026.



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NAVFAC EURAFCENT awards \$100 million construction contract at NAVSTA Rota

Story by Anthony Cage
Naval Facilities Engineering Systems Command Europe Africa Central

The Navy's system command for shore infrastructure, Naval Facilities Engineering Systems Command (NAVFAC) Europe, Africa, Central (EURAFCENT) awarded a \$100 million multiple award construction contract (MACC) April 14, 2026, to modernize and maintain critical infrastructure at Naval Station (NAVSTA) Rota and other U.S. and NATO installations in Spain and Portugal.

This multiple-award, indefinite-delivery/indefinite-quantity contract directly supports the mission of Commander, Navy Installations Command, by providing a streamlined vehicle for vital construction and repair. The contract ensures the installation can effectively support U.S. and NATO forces in Spain and Portugal while bolstering the local economy through significant opportunities for the six selected Spanish firms.

As an installation, our priority is to ensure our warfighters and their families have the best possible facilities to support executing the mission," said Capt. Charles Chmielak, NAVSTA Rotacommanding officer. "This contract serves to increase readiness and quality of life for our community."

From the engineering command responsible for executing the work, the contract's structure is the foundation for that success.

"As the Navy's engineering systems command, our job is to deliver and maintain facilities that meet the needs of the fleet," said Capt. Andrew Olsen, commanding officer of NAVFAC EURAFCENT. "This MACC gives my team the agility to address critical infrastructure requirements as they arise, ensuring we are not only good stewards of taxpayer dollars but are also postured to support the dynamic mission of the installation."

The contract was awarded to six businesses awarded the contract are:

Castellano Cobra UTE MACC LEY 18-1982, of Cadiz

Constructora San Josa S.A., of Sevilla
 Elecnor Servicios y Proyectos, of Sevilla

Environmental Chemical Corporation Italy S.R.L., of Sevilla

Sociedad Espanola de Montajes Industriales S.A., of Cádiz

UTE MACC Rota 2024, of Sevilla

This contract was competitively procured via the SAM.gov website, with 13 offers received.

"This contract vehicle is a strategic tool that establishes a roster of proven, pre-qualified industry partners," said My-Angela Buescher, the NAVFAC EURAFCENT contracting officer who executed the MACC. "With thirteen proposals to consider, our focus was on selecting partners who provided the absolute best value for the government, not simply the lowest price," said Buescher. "We're confident the six

contractors chosen represent that best value."

The contract consists of a three-year base period followed by multiple option periods, for a maximum duration of 96 months or until the \$100 million value is reached. The scope of work includes, but is not limited to, sustainment, restoration, modernization, demolition, and new construction of facilities, including waterfront and airfield assets.

The first project under the new contract has already been awarded to Sociedad Espanola de Montajes Industriales S.A. The Cádiz-based company will receive \$4.9 million for major renovations to the Pinz Bowling Center at the naval station, with work expected to be completed by August 2028.

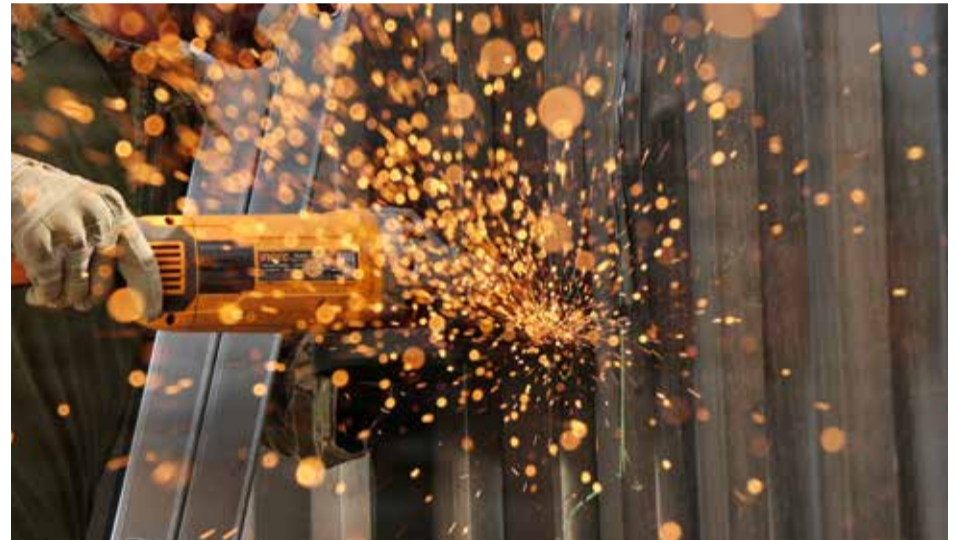
To satisfy the contract's minimum

guarantee, \$25,000 from fiscal year 2026 Operation and Maintenance (Navy) funds will be obligated to five of the awardees.

The Department of War contract announcement can be read at <https://www.war.gov/News/Contracts/Contract/Article/4459346/contracts-for-april-14-2026/>

For information about future workload projections, visit NAVFAC EURAFCENT Workload Projections here: <https://atlantic.navy.mil/NAVFAC-Worldwide/NAVFAC-Europe-Africa-Central/Products-and-Services/Workload-Projections/>

To learn about doing business with NAVFAC, visit the Office of Small Business Programs here: <https://www.navy.mil/Divisions/Office-of-Small-Business-Programs/>



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Health Promotions - The health-related components of fitness

By Devin Evans
U.S. Naval Hospital Rota

Your physical fitness level determines how well you are able to complete activities that require physical effort. Performing at your best includes a multitude of factors from your nutritional practices to how often and what you are doing during your physical training. Physical fitness is made up of five health-related components. These health-related components of fitness are linked to your overall physical wellness. Improving them can lower your risk of chronic disease and help you effectively perform daily activities. A higher fitness level has the benefit of also helping you look and feel better.

The first component is body composition. This indicates the proportion of your body that is made of fat compared

to lean mass which are comprised of our muscles and bones. This can be improved with a combination of aerobic, strength and flexibility exercises paired with a balanced eating plan.



on this component with activities that challenge your muscles by using weight or bodyweight resistance exercises.



And remember that physical fitness is an ever-changing spectrum and requires constant effort to maintain. Even though it can be a challenge, physically as well as mentally, remember that any physical activity is better for our body and mind than being sedentary. So, take a good attitude and a safe and informed plan and start being active today.

An overlooked component is flexibility. This is your ability to move your joints through their full range of motion without pain or injury. Participating in activities that build core strength and improve your range of motion like yoga, Pilates, and all forms of stretching can improve flexibility.

And the last component is power. This is how quickly you can use strength. By adding explosive movements like plyometrics or high intensity training, you will be sure to maintain or even increase your power.

Always consider your level of medical readiness prior to any physical activity and if you have concerns or questions seek out medical advice prior to beginning a new routine.



The second is cardiorespiratory endurance. People refer to this as aerobic fitness, which is your body's ability to sustain moderate to vigorous physical activity over a period of time. It is determined by how well your heart and lungs can deliver oxygen to your muscles during exercise. You can improve this with activities that increase your heart rate like jogging, swimming, or cycling.

Third is muscular strength and endurance. It is the amount of force your muscles are able to produce and their ability to work continuously. You can work



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Lucille A. Hoedtke
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 Born on March 16th, 2026
 Congrats to Collin & Alexandria Hoedtke

Soraya E. Constantine
 6 lbs 12 oz
 Born on March 24th, 2026
 Congrats to Jason Constantine & Caitlin Melo-Constantine

HELLO BABY!
 NAVSTA Rota
 Birth Announcements

April J. Milla
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 Born on April 5th, 2026
 Congrats to Sofia Altahova & Anthony Milla

Millie R. Creek
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 Congrats to Michael & Monica Creek

Keilah J. Abney
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 Congrats to Brianna & John Abney

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Rota MWR holds Color Run

Photos by Mass Communication Specialist 3rd Class Jackson Wanous

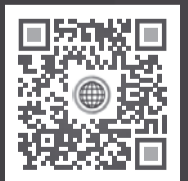
Rota Morale, Welfare, & Recreation held its annual Color Run event in recognition of Month of the Military Child, April 18, 2026. Alongside the colored powder flying around, families and children were able to enjoy the goodies brought by our community partners as well as have a go at the dunk tank!



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Summer is coming! Here's how to stay safe

By the Naval Station Rota Safety Office

The period known as the "101 Critical Days of Summer" is the period of time from Memorial Day, May 25, to Labor Day, September 7. People tend to take advantage of the warm weather during this period for vacation. In the province of Cádiz alone, and in areas near Naval Station (NAVSTA) Rota, 51 fairs and festivals are celebrated in different towns during this period:

There are 12 fairs in May (Rota, El Puerto de Santa María, Jerez de la Frontera Horse Fair...); eight fairs in June (Sanlúcar, Puerto Real, Chiclana...); eight fairs in July (San Fernando, Barbate...); 14 fairs in August and nine fairs in September. Many of them include bull runs.

Wine always plays a major role in these events, "Manzanilla" from Sanlúcar de Barrameda and "Fino" from Jerez de

la Frontera form a fundamental part of the fair's gastronomy.

Enjoy the food and drink during Feria but please do so responsibly. Also be sure to have a designated driver or a transportation plan to get you safely home. The pleasant climate in southern Andalusia during the summer months makes it an ideal destination to visit and enjoy these festive events, which require relatively short journeys by road.

The main dangers related to traffic and alcohol consumption during fairs and local festivals includes a critical increase in road accidents, severe alcohol intoxication, and a higher incidence of fights and aggressive behavior. Excessive alcohol consumption during these events alters behavior and reaction time, which, combined with increased road traffic, significantly raises the risks. We all know to avoid drinking and driving when going

to these events. Have a plan!

Some Things To Keep In Mind:

- The faster you drink, the faster the absorption and the more alcohol enters your bloodstream.
- Fermented drinks, like beer or wine, are absorbed more slowly than distilled drinks such as rum or gin.
- Drinking alcohol warm or with carbonated beverages like soda or tonic water accelerates blood alcohol levels.
- Those under 18 and over 65 are more sensitive to the effects of alcohol.
- Inexperienced drivers experience greater effects on their ability to drive.
- Alcohol elimination is slower if you sleep.
- Fatigue, drowsiness, anxiety, and stress affect BAC levels.
- Alcohol begins to be detected in the blood 5 minutes after consumption and reaches its peak between 30 and 90 minutes later.

Understand This:

Alcohol use impairs judgment and increases risk taking. People tend to become overconfident the more they drink and push beyond their natural ability at different sports or activities, increasing the risk of injury.

Commander Naval Activities (COMNAVACTS) Spain Instruction 5800.4 "Policy on Running with the Bulls" Prohibit all military personnel under the cognizance of COMNAVACTS, or those deployed to the COMNAVACTS Spain area of responsibility from participation



in the "Running of the Bulls" celebration observed throughout Spain. Personnel may attend as spectators.

Impulsive Behavior and Aggression:

Alcohol causes disinhibition, which often leads to fights, assaults, and public disturbances at the fairgrounds and surrounding areas.

Drunk drivers often take more risks behind the wheel, feeling a false sense of security that leads to an increase in traffic violations and reckless driving.

Authorities often increase breathalyzer tests during the summer, resulting in fines, license suspensions, or even jail time.

To minimize these risks, the use of public transportation, designated drivers, and responsible alcohol consumption are highly recommended.

Have a fun and safe summer!



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Spanish Armada & U.S. Armed Forces participate in the Unity Games

For the first time ever, the Armada and the U.S. armed forces onboard Naval Station (NAVSTA) Rota celebrated the Unity Games, a three-day sports competition, from May 6 to May 8, 2026.

Over 100 American and Spanish athletes pushed themselves to achieve victory in eight different events. The Armada won soccer, volleyball, the beach relay, the hybrid competition, and the cross-country race, whereas the U.S. armed forces won basketball, sailing, and pickleball, resulting in the Armada receiving the Unity Games trophy.





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Jerez de la Frontera, Cádiz

A vibrant advertisement for Playa Virgen Beach Club. The background is a bright blue sky with palm trees and a wooden building. The central logo features a palm tree icon above the text "Playa Virgen BEACH CLUB". Surrounding the logo are six circular icons with white banners below them: "NEW IN ROTA" (beach scene), "LIVE MUSIC" (band performing), "VIPS ZONE" (party scene), "DJS" (DJ at a console), "RESTAURANT" (plate of food), and "COCKTAILS & WINES" (woman with drink). At the bottom right, there is a QR code and contact information for bookings and the club's location in Rota.

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Spring in Southern Spain: The Season That Changes Everything

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

There is a moment each year in southern Spain when everything quietly shifts. It doesn't arrive with a single date on the calendar, but you feel it all the same. The air softens, the light stretches into the evening and, almost without warning, the landscape begins to change color.

Spring in Andalusia is not simply a season. It is a transition, a brief and beautiful window between winter's calm and summer's intensity and for those living in the Rota area, it is often when this part of Spain feels most alive.

It usually begins with scent before sight. Walk through the streets of Seville at this time of year and you'll notice it immediately: the unmistakable aroma of orange blossom, known locally as azahar. It drifts through entire neighborhoods, carried by a light breeze, settling into plazas and narrow streets lined with trees that have become as much a symbol of the city as its monuments.

Seville is home to tens of thousands of orange trees, many of them planted along sidewalks and public spaces. Their fruit, however, is not meant to be picked and eaten. These are bitter oranges, naranjas amargas, and their role is both ornamental and practical. Each year, much of the harvest is collected by the city and sold, particularly to the United Kingdom, where it is used to produce traditional marmalade. It is a small but striking connection, the same oranges that line the streets of Seville often end up on breakfast tables far beyond Spain.

Spring continues to unfold as you move through the region. Balconies fill with geraniums, bougainvillea spills over whitewashed walls and jasmine begins to bloom in quiet corners. The countryside shifts as well, with fields gradually turning gold as sunflowers begin their seasonal

cycle, stretching toward the sun in neat, endless rows. It is a landscape that feels both cultivated and spontaneous, shaped by tradition but always changing.

At the same time, the social calendar begins to open. Across Andalusia, towns and cities move into their season of fairs, or "feria," celebrations that blend music, food, tradition and community in a way that is distinctly southern Spanish. These gatherings unfold over weeks and months, each with its own identity but all sharing the same spirit: long days, longer nights, and a rhythm that encourages people to step outside and take part.



Beyond the festivals, spring is also the ideal moment to explore some of the region's most significant cities before the heat of summer sets in. Córdoba offers one of the most remarkable examples of Spain's layered history in the Mezquita-Catedral de Córdoba, a structure that began as a mosque during Islamic rule and was later transformed into a cathedral. The building reflects centuries of cultural and religious change, yet



retains a striking sense of unity. Nearby, the historic Jewish Quarter, the Judería, reveals a quieter side of the city, with narrow streets and shaded courtyards that invite slow exploration.

Further east, Granada offers a different perspective, where the Alhambra rises above the city as a reminder of its Moorish past. Below it, the Albaicín neighborhood winds its way through hills of white houses and hidden viewpoints, while Sacromonte maintains a deep connection to flamenco and tradition. In the midst of this vibrant setting, it is still possible to encounter moments of quiet devotion. Tucked within the Albaicín is a cloistered convent, a community where nuns live in seclusion and inside its small chapel, there is a continuous presence of prayer. It is a subtle but powerful reminder of the many layers that coexist in this region.

What makes spring in southern Spain particularly special is its balance. The weather invites you outside without overwhelming you. The crowds have not yet reached their peak. Daily life continues, but with an added energy as if the entire region is preparing for the intensity of the months ahead.

For those living here, especially for a limited time, it is a season worth paying attention to. It is when the details become more noticeable: the scent of orange blossom in the evening, the sound of music drifting from a nearby plaza, the

way a simple walk turns into something memorable without much effort.

Spring does not demand attention in southern Spain: It simply offers it.

And if you find yourself slowing down long enough to notice; the trees, the light, the rhythm of the streets, then you are already beginning to experience this place the way it was meant to be lived.





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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.

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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

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NMCRS Thrift Shop

Hours of Operation

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Third Saturday of month: 10 a.m.-1 p.m.

NMCRS Casework and Classes

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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.

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orientation. NMCRS Rota is looking for blanket makers and Thrift Shop volunteers.

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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.

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Beach Clean-ups by base associations

Photos by Mass Communication Specialist 2nd Class Jett Morgan and Mass Communication Specialist 2nd Class Ryan Brown

The First Class Petty Officer Association (FCPOA) organized a beach clean-up for Earth Day in collaboration with the Wardroom and the Chief Petty Officer Association (CPOA), April 22, 2026.

The Second Class Petty Officer Association (SCPOA) also held a beach clean-up on April 19, 2026.



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We fall down, but we get up: Mental health, faith, hope, and resilience

By Lt. Gregory Johnson
Naval Station Rota Chapel

May is Mental Health Awareness Month in the United States. I have had the privilege to work and walk with individuals who have struggled with mental health and those who soar because of their spiritual discipline. These are disciplines that foster spiritual resilience.

For the faith community, faith, resilience, mental health, and the post-resurrection experience are inextricably connected. Historically, these areas have been challenging to connect. However, today we have more insight into their application. While there is apprehension from the mental health arena on incorporating faith into treatment, there is a growing appreciation for the presence of faith in mental health.

It is amazing and interesting how childhood toys provide an impactful life lesson. In the 1970's there was a toy punching bag that was made to look like a clown. As a child, when I had the opportunity, I would punch this bag as hard as I could. No matter how hard I hit it, it would become a little wobbly and bounce back up. Today, the word resilience is used to describe how we persevere through life stressors and challenges and bounce back.

Perhaps the word resilience is new to some, yet the concept is not. Resilience can be readily seen in

sports and the military. Athletes are familiar with resilience, especially when they have been injured, sidelined, and unable to perform. Those who want to return to their sport work diligently to get back and be better. They are focused on returning. The goal is to overcome the injury that sidelined them initially. Unfortunately, there are some who do not bounce back. They could not marshal the components listed in Courtney Ackerman's article, "How to measure resilience with these 8 scales." In her article, Ackerman indicates ten components that help perpetuate resilience. They include optimism, altruism, moral compass, faith and spirituality, humor, having a role model, social support, facing fear, meaning or purpose in life, and training.

While resilience has become a buzzword in the mental health world, the concept is timeless. Ackerman, along with other psychologists that study resilience, find that it is worth including faith and spirituality as components that aid individuals in being resilient. In a 2022 article titled "Religion and Mental Health Care: Ethics, Pastoral Care, and Theology" The Berkley Forum, from the Berkley Center at Georgetown University, noted "Research suggests that higher levels of religiosity are associated with better mental health outcomes such as lower rates of depression, anxiety, and suicidal behavior. So, religion can

be a helpful factor in mental health treatment." Religion and spirituality that have not continued to perpetuate negative stereotypes of mental illness fall within a faith tradition that nurtures resilience.

Church history has demonstrated that followers of the Christian faith have the ability to bounce back. Faith, in general, that posits and nurtures a positive perspective on mental health facilitates resilience. Faith traditions offer individuals tools to be resilient. The very word "faith" is at the core of resilience. Faith provides buoyance in life. Christianity defines "faith" biblically as "the assurance of things hoped for, the conviction of things not seen." (Hebrews 11:1 NASB) The central character of the Christian faith is Jesus. If the narrative of the life of Jesus offers anything at all, it offers hope. Faith, hope, and resilience are inextricably intertwined. At the core of faith is hope. Hope is that essential element that gives resilience its buoyancy.

The post-resurrection of Christ is a story of resilience in the darkest period of the lives of Jesus' followers. After his death, the story could have ended. Initially, the followers of Jesus thought that all was lost. When despair invades our lives, it has the capacity to crush us. Depression and anxiety can be debilitating when the vicissitudes of life are battering us. People who face heartbreak, loss, and devastating

events initially grieve. The elements mentioned in Ackerman's article, including faith and spirituality, social support, and facing fear, intensify our capacity to be resilient in the face of grief and loss.

After Jesus' death, those who followed dispersed. Many went back to what they did before encountering Jesus. However, those that composed the inner circle gathered together. They essentially formulated a faith community to support one another. They may have even asked the question, "What do we do now?" Raising that question suggests hope. When faith communities help individuals deal with mental illness and wrestle with existential questions, they offer the opportunity to reach for hope. Today, the Christian faith fosters resilience through worship, prayer, fellowship, and other aspects of the faith community. In the context of worship, prayers are offered. These prayers symbolize the essence of hope. Hope encourages those who have been knocked down to get back up.

The music of faith also speaks of resilience. Gospel artist Donnie McClurkin's song "We Fall Down" is like many other gospel and Christian songs, one of hope and resilience. It does not deny the reality that we fall. Falling is a fact of life. However, hope inculcates the ability to get back up, repeatedly. And where there is hope, there is resilience.



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High School Students visit NAVSTA Rota

Photos by Alejandra Tirapu

Students from Rota, Spain and Ramstein-Miesenbach, Germany, visited the installation on May 7, 2026, as part of their annual exchange program as sister cities.

During this visit, coordinated by the city of Rota in collaboration with the Armada and U.S. Naval Station (NAVSTA) Rota, students toured a Spanish ship, the Spanish air wing flotilla, and a U.S. NAVSTA Rota Fire and Emergency Services station.





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2023	2092	158
2024	3090	187
2025	4544	256

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

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- May need screening more often if you've had polyps before



2. HIGHER RISK? START EARLIER

If you have a first-degree family member (parent, sibling) with colorectal cancer:

- Start at **age 40**
- OR
- Start **10 years earlier** than their age at diagnosis (whichever comes first)



3. WHY SCREENING MATTERS

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4. HOW TO GET SCREENED

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Spouse Talk: The ferris wheel | COMPASS's newest member

By Ashley Leigh
Contributing Community Writer

As summer approaches, the horizon of base housing begins to fill up with little green trucks. Roaring up the street comes the movers with a mass of brown paper, huge rolls of tape, and an endless supply boxes of all sizes. PCS season stirs up a variety of feelings. From excitement of being in a new place, sadness to leaving one behind, fear of what's to come and sometimes even indifference becomes a reoccurring reel in our mind once we receive final orders.

Our PCS reels don't all look and feel the same. For myself, I enjoy the process of purging out the junk that's been creeping into the house. It forces my hand to tend to what should have been managed from day one. Call it refreshing, cleansing, restoring, or purifying, but the burden of the bulk gets loaded off and sent away which has the effect of sending "good vibes" throughout the house and into my mind set; It's a fresh start heading into the next location. I'll more than likely accumulate another round of junk by the end of the next PCS, but for that moment, the relief of feeling cleansed is the best part of moving.

Offloading isn't everyone's favorite thing to do. Their items are precious no matter if they haven't used or seen certain ones in years. My husband is still making us drag around a couch that has never served a purpose and four - yes, four -

random pieces of wood because "you never know when you'll need some wood." I even tried to throw out that wood before we moved here and yet there they were, wrapped in a thousand sheets of brown paper. Emotionally, we can't always let go of the things we care about the most.

A child's crib, your grandmother's bedroom set, a set of lamps that you saved up to buy when you had little money; Items that have value to us, and frankly we don't want to give up on just yet. Even so, there's a layer of guilt that's settled with the dust on those things we love. Packing out these belongings makes us sad. In many ways it's because we know it's time to let go. In other ways, bitterness controls our pack out because if your spouse "had just never joined the military than (you) would never have had to considering getting rid of (insert your sacred item)." Who hasn't thought or said something like that during a stressful moment?

So, as you see families moving in and out of housing, remind yourself that every box holds a part of who you are and where the military has taken you. These boxes contain the good, the bad, and unnecessary. We all look at our household goods in different ways. You either love the purging of things or dread letting go and/or risking a possibility of a beloved item being broken. Either way, each and every PCS is an emotional journey during a time of mandated chaos. It's the packing up that starts the sentence on our next adventure.

By Tré Chambers
COMPASS Mentor, Rota Branch

It has been my pleasure to join the community in Rota. Being a new spouse has been a huge change for me, where everyday seems to bring new challenges to face and hurdles to jump. That's why it's also been a pleasure to join the COMPASS team, right here in their Rota branch. This is a place where I can assist other spouses who may need direction or even just need updated information. It's news to no one that America's Navy makes a wide variety of changes every year. These can be intimidating to navigate, assuming they didn't fly under the radar in the first place. In a short, three day course, spouses of all experience levels come together where we discuss all things Navy. Upon completion, students receive a certificate of completion, great food along the way,



and hopefully a new spring in their step to tackle life as a navy spouse. Find COMPASS Rota on Facebook and come join our table!

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Rota Animal Welfare League: A little respite from the chaos

By Lt. Daniel Ehrlich
Naval Station Rota Public Affairs Office

Work can be very challenging, as we all know, on the mind. Stress has been found by many studies to be a diminishing factor on physical and mental health, as well as overall longevity. That's why, recently, I found a new outlet for post-work winding down. It's not video games or reading or working out (though I do like to go for a nice run), it's walking the members of the Rota community that need attention



and help the most.

After leaving work for the day and heading to the gym for a brisk workout, I hop in the car and buzz (at the speed limit or below) across the installation to the Rota Animal Welfare League (RAWL) facility. Now, you may be asking, "where is there an animal shelter on base?" RAWL is nestled alongside Camp Mitchell in a quieter part of the base, but the entrance is on Calle Flor, a main thoroughfare between the Rota and El Puerto de Santa Maria Gates. You probably have driven past the sign and have never stopped to think what is back there.

Heading down the dusty gravel road, you'll soon be met with a small shack. Since 1989, RAWL has been operating out of this facility and solely under the power of volunteers. When you walk into the modest building, you are met with a big smile and a board full of tasks. Volunteers are tasked with feeding, cleaning up after, spending time with, caring for, and, in the case of the canine tenants, walking the animals assigned to them when working a shift at RAWL.

Enter Louise, a 2-year-old ridgeback with a muscular build that gives a good bicep workout on any walk with a heart and energy to match. She is one of the many furry tenants in the kennels at RAWL waiting for their "forever homes." She is one of the several dogs that volunteers attend daily at the complex and my favorite companion when



refreshed after every shift at RAWL, and that's no coincidence. Dogs are also incredible therapists in their own right. A National Institutes of Health study from 2022 found that dogs can actually smell your stress, identify it, and can actually find ways to help relieve it.


In the end, I have realized that giving back to the furry members of the Rota community has not only made our community a little better but has helped me feel better too. Want to join me? It's super easy to volunteer and become a member of the RAWL community. Head over to RAWL's Facebook page or use their QR codes to join a volunteer orientation and get out there. I'm sure you will get a lot of tail wags and happy meows when you arrive!

Volunteer Today!



working a shift. Louise's excitability and significant responsibility are what I find most rewarding about this specific post-work hobby.

Taking care of Louise and some of the other tenants of RAWL requires focus and care, which helps me redirect my thought processes away from things that caused me consternation or stress during the workday. The fresh air and walking time with the shelter's canine companions also allows me to breathe and take a moment to focus in on my own mindfulness. I've found that I feel





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NAVSTA Rota Commanding Officer, American Dama at Rota feria flag raising ceremony

Photos by Ev Lopez

Naval Station (NAVSTA) Rota's Commanding Officer, Capt. Charles Chmielak, and the American Dama, Melissa Doelfel, participated in the flag raising ceremony at Rota's Feria, April 30, 2026. During the ceremony, Doelfel was one of the Damas responsible for carrying the flags.





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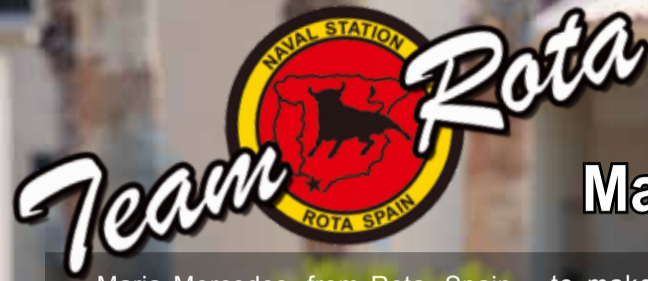
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Maria Mercedes

Maria Mercedes, from Rota, Spain, works as the airfield manager assistant at the Air Operations department onboard Naval Station (NAVSTA) Rota, Spain. Before stepping into the role of airfield manager assistant eight years ago, Mercedes worked at the air terminal as a contractor for 18 years.

As her job title suggests, Mercedes helps ensure that the airfield is well-maintained and ready for use.

"I conduct daily airfield checks of the runway, taxiways, and aprons, clearing any foreign object debris (FOD) that may cause damage to aircraft," explained Mercedes. "I also check the condition of airfield markings and lighting systems

to make sure they're in operational condition."

Mercedes also assists with coordination for parking of aircraft, teaches the airfield vehicle operator course in Spanish for those in need of qualifying, and even pays attention to possible bird and animal conditions that may affect the airfield.

"My favorite thing about my job is seeing the results of the coordination effort that helps Air Ops and the mission succeed," stated Mercedes.

When not conducting FOD walkdowns on the airfield, Mercedes enjoys spending time with her family and exercising through running and swimming.

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From Pier to Platform: Seabees Enable Autonomous Operations During OE26

Story by Chief Mass Communication Specialist Justin Stumberg
22nd Naval Construction Regiment

U.S. Navy Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 and 22nd Naval Construction Regiment (NCR) are enabling the next generation of maritime operations during Exercise Obangame Express (OE) 2026, constructing expeditionary infrastructure designed to support autonomous systems in the Gulf of Guinea.

The project centers on the development of a floating pier capability to support the launch and recovery of unmanned surface vessels (USVs), an emerging asset critical to expanding maritime domain awareness and operational reach in the region.

Operating alongside a live, multinational exercise, Seabees are demonstrating their ability to deliver expeditionary infrastructure in support of evolving maritime missions. Their work highlights

the integration of engineering capabilities with advanced technologies to meet the demands of modern naval operations.

Building for the Future Fight

The floating pier provides a flexible, deployable platform that enables operations in austere environments where traditional port infrastructure may be limited or unavailable. This capability is particularly valuable for unmanned systems, which require forward staging areas to maximize effectiveness.

"This project is about enabling future operations," said Chief Builder David Madmon, 22NCR exercise planner for OE26. "We're building infrastructure that supports autonomous systems and expands what's possible in maritime environments."

Madmon said that by delivering adaptable solutions, Seabees are contributing to a broader effort to integrate unmanned systems into routine naval operations.

"Projects like these enhance both

current capabilities and long-term mission readiness," said Madmon.

Enabling Autonomous Integration

For Commander, Task Force (CTF) 66, the ability to operate unmanned systems from expeditionary locations is a key component of future maritime strategy.

"Unmanned systems allow us to extend our presence and improve awareness without increasing demand on traditional platforms," said Lt. Alex Varon, CTF 66 exercise planner. "Expeditionary infrastructure like this pier allows us to deploy and recover those systems in locations where we otherwise couldn't operate."

The integration of USVs provides a scalable solution for maintaining maritime security, particularly in regions like the Gulf of Guinea, where persistent awareness is essential.

Strengthening Partnerships

Exercise Obangame Express, one of three African regional "Express" series exercises sponsored by U.S. Africa Command and facilitated by U.S. Sixth Fleet, brings together U.S., African, and partner nations to enhance maritime

security cooperation and interoperability across West and Central Africa.

Varon said that floating pier construction provides opportunities for collaboration, allowing participating nations to develop shared tactics, techniques, and procedures.

"Exercises like this give us the opportunity to work alongside our partners and build capabilities together," Varon said. "That collaboration is critical to addressing shared maritime challenges."

A Foundation for What Comes Next

The infrastructure developed during Obangame Express 2026 will continue to support training, experimentation, and the integration of autonomous systems beyond the exercise.

In Cameroon, the work being done today represents a broader investment in future operations, one that connects expeditionary engineering with emerging technologies to meet evolving mission requirements.

From pier to platform, Seabees are helping to establish the foundation for how maritime forces will operate in the years ahead.



Let's
Eat!

By Pilar Ruiz

"Potatoes with Easy Garlic Aioli (Patatas Alioli, Simplified Version)"

"A classic Spanish tapa of tender potatoes with creamy, garlicky aioli—simple, refreshing, and perfect for sharing."

This time we're making a simple, delicious and classic recipe: Potatoes with Aioli.

Potatoes with aioli, known in Spain as patatas or papas alioli, is one of the most beloved tapas in Spanish cuisine. This simple yet flavorful dish combines tender boiled potatoes with a rich, garlicky aioli sauce, creating a perfect balance of creaminess and bold taste. It is especially popular in bars and seaside restaurants, where it's often served as a refreshing, chilled tapa to share. Like many traditional Spanish dishes, its charm lies in its simplicity and the quality of its ingredients. Whether enjoyed as a snack with friends or as part of a larger meal, patatas con alioli is a true symbol of Spain's vibrant and sociable food culture.

A classic Spanish tapa, simple and full of flavor. While traditional aioli is made by

emulsifying garlic and oil by hand, here we've chosen a quicker, foolproof version that delivers all the taste with less effort.

You'll see just how tasty they are and how easy they are to prepare.

We hope you enjoy it!

Ingredients

- 4 potatoes
- Salt
- Fresh parsley, finely chopped
- 1 garlic clove
- 1 egg
- 1 cup olive oil (250 ml)
- 1 teaspoon lemon juice
- A pinch of salt

Place the potatoes, with their skins on, in a pot with plenty of water and salt. Boil for 25 to 30 minutes, or until



tender. Drain, let them cool slightly, peel, and cut into bite-sized pieces. Place in a bowl.

To prepare the garlic aioli, add the egg, chopped garlic, lemon juice and a pinch of salt to a tall container. Pour in a little of the olive oil.

Using a hand blender, start blending at low speed with the blender fully at the bottom. Once the mixture begins to emulsify, slowly add the remaining oil while blending, gradually lifting the blender until the sauce is smooth and thick. Adjust salt if needed.

Add the garlic aioli to the potatoes and gently mix until well coated.

Finish with freshly chopped parsley and serve.

Enjoy your meal and have a great month of May.

You can find more recipes in English on our blog, as well as in our new family cookbook.

If there's a particular dish you'd like us to share, don't hesitate to contact us at info@aprendiendoacocinar.es we'd love to hear your suggestions!

Thank you all so much, and we'll see you very soon with our next recipe.



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