COASTLINE

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U.S. Naval Activities Spain



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Leadership Corner



CMC Donald Alvarado
Naval Station Rota

As I reflect on the incredible energy across our installation over the past several weeks, one resounding theme stands out: excellence through dedication. Whether on the deckplates, across our community venues, or behind the scenes, our people continue to make Naval Station Rota a premier overseas duty station for our Sailors, civilian personnel, and families.

First and foremost, I want to extend my heartfelt congratulations to our newest Chief Petty Officers (CPO). Completing CPO Initiation is both a demanding trial and a transformative milestone. It tests resilience, sharpens judgment, and deepens commitment to our core values. To our new Chiefs: wear your anchors with humility and purpose. The Chiefs Mess has entrusted you with our most vital charge: leading, training, and mentoring our deckplate Sailors. Bravo Zulu as well to the Chiefs Mess and our Navy families whose support carried these leaders across the finish line.

Our installation's operational tempo and unity have also been showcased through several impactful events. We paused in solemn reflection during our 9/11 observance ceremony, honoring the fallen and reaffirming our sworn oath to protect and defend. We invested directly in our Sailors' futures through the Career Development Symposium, arming our fleet with mentorship, milestone guidance, and career-shaping tools. Furthermore, our Total Sailor Fit To Fight events emphasized physical endurance, mental toughness, and holistic well-being working groups. None of these signature events would have succeeded without the selfless dedication of our volunteers. To every Sailor, civilian, and family member who gave their personal time to set up, coordinate, and tear down: thank you for embodying true servant leadership.

That same pride drives the quiet professionals working every day behind the scenes. Our Morale, Welfare, and Recreation, Fleet and Family Support Center, USO teams remain the heartbeat of this installation, delivering vital family programming, deployment assistance, and readiness services. Concurrently, our Public Works Department Rota team deserves immense praise as they navigate organizational transitions while maintaining the robust utility and physical infrastructure our mission relies on daily.

Finally, thank you to the Navy Exchange (NEX) team for spearheading tangible quality-of-life enhancements, including new washers and dryers, installation of vending machines for our workforce throughout base common areas, and pay-at-the-pump upgrades at the NEX gas station to steamline daily commutes and improve efficiencies.

Every event executed and quality-of-life milestone achieved is proof of what happens when Team Rota pulls together. Your feedback matters and continue to let us know how we can better assist you. Thank you for your professionalism, pride, and commitment. Keep looking out for one another and leading from the front!

On The Front Cover



His Majesty King Felipe VI arrives at a ceremony in remembrance of the Sept.11 terrorist attacks alongside U.S. and Spanish military and civil authorities, service members, firefighters, and family members onboard Naval Station (NAVSTA) Rota, Spain, Sept. 11, 2026. (Photo provided by Casa de Su Majestad el Rey).

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. Unforseen 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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MWR NAVAL STATION ROTA, SPAIN

Naval Station Rota holds remembrance ceremony for 25th anniversary of 9/11

Photos by Mass Communication Specialist 2nd Class Jett Morgan

Naval Station Rota held a ceremony in remembrance of the 9/11 terrorist attacks. His Majesty King Felipe VI and the U.S. Ambassador to Spain and Andorra Benjamín León Jr. were in attendence for the ceremony.























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USO celebrates 9 years of supporting NAVSTA Rota

Photos by Mass Communication Specialist 1st Class Drace Wilson

USO Rota celebrated 9 years of serving the Rota community at the air terminal onboard Naval Station Rota on Oct. 2nd with cake, cornhole, and hamburgers.













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LOCAL GASTRONOMY FUSED WITH OTHER CULTURES

PUBLISHER´S CORNER

PASCUAL HOSPITALS IN PUERTO, CADIZ AND SANLUCAR





For many American families living in or around Naval Station Rota, accessing healthcare in Spain can feel different from what they are used to. Language, appointments, insurance procedures and knowing where to go can make the process more complex, especially when medical care is needed quickly.

At Hospitales Pascual, the International Department supports international patients and their families throughout their healthcare experience in Cádiz. From the first contact to medical appointments, interpreter assistance, insurance coordination and urgent care guidance, the team helps patients feel accompanied and informed at every step.

Hospitales Pascual offers several locations across the province, including Hospital Santa María del Puerto in El Puerto de Santa María, Hospital San Rafael in Cádiz and Hospital Virgen del Camino in Sanlúcar de Barrameda. These hospitals provide access to medical specialists, diagnostic tests, urgent care and personalized support for international patients.

One of the key roles of the International Department is to make communication easier. *For added convenience, patients and families can contact the team by phone or WhatsApp texting for questions, assistance with appointments and guidance throughout the healthcare process. Patients can also receive support in their own language, assistance during medical appointments when needed, and guidance when dealing with international insurance providers.

For families living abroad, having a team that can guide them through the healthcare process is especially important. Hospitales Pascual helps international patients and their families access medical care in Cádiz with the support of professionals who understand their needs. See their add for more info.

LUMINA ACADEMY IN PUERTO





Lumina Academy began with a simple question: what if school could feel calmer, more personal and more connected to childhood? After almost 20 years in the corporate world, much of it in learning, development and education, founder Maria Nordwind moved to Spain with her family and began searching for the right school environment for her daughter. She was looking for something different: small classes, individual attention, a gentler pace and a bilingual environment where English could remain strong while Spanish was introduced naturally and without pressure.

That search became Lumina Academy. Located in El Puerto de Santa María, Lumina is a small, international, bilingual school for children aged 3–12.
Its Waldorf-inspired approach combines strong academics with creativity, nature, movement, practical learning and meaningful relationships.
English and Spanish are part of everyday school life through stories, conversation, activities and play, helping international children settle into life in Spain in a natural and supportive way.
Small classes allow teachers to know each child individually and adapt learning to their strengths and needs. The school day generally runs from 9:00am to 2:00pm, with additional morning and afternoon options for families who need greater flexibility.

Lumina also offers outdoor learning, gardening, arts and crafts, yoga, STEM activities, summer camps and Saturday STEM workshops for primary-age children.

Lumina Academy is currently a Candidate for Accreditation with MSA-CESS, a U.S.-based international accrediting organisation supporting educational quality and continuous improvement.
For Maria, the goal remains simple: to create a school where children can learn, belong and grow without unnecessary pressure.
See their add for more info!

What's new at your NEX?

Story by Allison Mercer
NEX European District

Improvements and Events Ahead at NEX Rota

At NEX Rota, customer service is more than a department—it is the foundation of everything we do. Each day, our associates serve active-duty military members, retirees, families and civilian employees by providing quality merchandise, essential services and value in a welcoming environment. NEX Rota works closely with installation leadership, community partners and our customers to identify needs and find practical ways to improve convenience and quality of life on base. From improvements to everyday services to events that bring the community together, listening to our customers remains an important part of that effort.

One recent improvement is the addition of 22 new washing machines in the community laundromats. The machines are now fully operational, including the credit-card readers, providing customers with improved reliability and convenience. The project required coordination among multiple teams and represents a direct investment in an essential quality-of-life service for the Rota community.

Another long-awaited improvement is now complete at the NEX Rota gas station. Five new fuel dispensers were installed in September, bringing a more modern and efficient fueling experience to the Rota community. The upgrade included new dispensers on both fuel islands, an updated pump console and the necessary system connections. With the installation complete, customers can now enjoy enhanced payment capabilities, including the ability to pay directly at the pump. The gas station remains available during established operating hours, ensuring NEX fuel continues to be available exclusively to authorized patrons. The completed upgrade represents another investment in improving everyday convenience and services for the Rota community.

Mark Your Calendars

Improvements to our facilities and services are only part of what is happening at NEX Rota this fall. We also have several upcoming events planned for the community.

Oct. 17: Geoffrey's Birthday | 11:00 – 13:00

Your local NEX is coming together to celebrate Geoffrey's Birthday on Saturday, October 17, 11:00 to 13:00! Families can enjoy a fun-filled day featuring the Parade of Play, family-friendly activities, crafts and a special appearance by Geoffrey the Giraffe. The celebration will also kick off Passport to Play, a new quarterly activity where kids can collect stamps and unlock prizes as they fill their passport.

Oct. 24: NEXCares | 09:00 – 13:00

See **What's New** Page 31







U.S., Spanish, and Italian marines participate in Lisa Azul 2026

Photos by Mass Communication Specialist 2nd Class Jett Morgan

Marines assigned to Fleet Antiterrorism Security Team Company Europe participated in Lisa Azul, an annual trilateral exercise, alongside Spanish and Italian marine counterparts onboard Naval Station Rota, Spain, from September 14 through 18, 2026.

The marines took part in several different training evolutions, such as room clearing and marksman training, to build cohesion amongst each of the units. A soccer game and barbeque was held on the final day.





















Health Promotions - women's health

By Mr. Devin Evans
Naval Hospital Rota, Health Promotions Department

Many topics fall under the medical specialty of women's health and there is a lot to consider when being specific about women's medical needs. Knowing the diseases and conditions that are among the top health risks for women, such as breast cancer and heart disease, is important. For many women, effectively managing other issues that are part of daily health such as premenstrual syndrome, birth control, fertility, menopause and so much more must be taken into consideration when promoting and enjoying a healthy life.

A very important topic is breast health. What does it mean if you have dense breast tissue? What should you do if you find a breast lump? Is breast pain a cause for concern? These are all questions that can direct you to finding answers from a medical professional by first making an appointment with your Primary Care Provider or visiting the Women's Health Clinic.

Breast health begins with breast awareness. Being familiar with your breasts usually makes it easier to detect if there are any changes. Over a lifetime you may discover changes in sensitivity and texture during different times depending on your menstrual cycle and age.

Concerns about breast lumps, breast pain or nipple discharge are common. The best place to start is with your medical provider. Based on your exam, your provider can talk to you about imaging tests that you may need. There are several important screening tests you may need for early detection of breast cancer like a clinical breast exam, mammogram, breast ultrasound, and breast MRI.

Dense breast tissue may require additional screening or if you have a strong family history of breast cancer or breast lesions. This is why it is so important to be seen by a medical professional.

If you are thinking about breast augmentation or breast reduction surgery, you should be well informed about the process. Learn about what to expect from the procedure and the possible risks and complications. It is important to speak with a medical provider to understand your options and to be evaluated for a referral to a plastic surgeon.

Women's health is complex and as you age those health concerns may change. Questions may arise about excess weight gain and if it could lead to health problems. Other questions that can present themselves in older adult females may be about menopause and what that entails.

Women's health is unique. Their life stages are based upon their reproductive cycle, beginning with menstruation and continuing through menopause.

See **Health Promotions** Page 31







Team Rota

Kate Jordan

Kate Jordan, from Kansas City, is the protocol officer onboard Naval Station (NAVSTA) Rota, Spain.

"I was active duty for 12 years as an E-2C Hawkeye Naval Flight Officer after graduating from the Naval Academy in 2002," explained Jordan. "I've been a Navy spouse since 2014. In the non-profit sector, I worked with an organization training veterans to run for public office. This is my first role as a government civilian. My other post-Navy jobs included working in a wine bar, teaching wine classes, and working as a legal and compliance advisor."

Jordan has been the protocol officer for a year and is her first and only job working onboard the installation.

"I plan and execute official visits to the base by both military and civilian U.S. and foreign dignitaries and advise the commanding officer and other senior officials on customs and courtesies according to international protocol standards," stated Jordan. "I am also in charge of planning social events for the commanding officer to host visitors and our Spanish counterparts including ceremonies, dinners, luncheons and receptions.

Jordan's favorite part of the job is having the opportunity to meet and work with variety of people. She also enjoys keeping her office's fridge stocked with snacks and drinks for her coworkers. Outside of the office, Jordan loves exploring new places in Spain and throughout Europe, visiting bodegas, restaurants, and wineries.

"This is our family's second time living in Rota," said Jordan. "Both of my boys were born here and we decided to come back for my husband's command tour because we had such a great experience!"



Dama del Rosario coronation ceremony

Photos by Mass Communication Specialist 1st Class Drace Wilson

Ms. Isabel Lanker, the American dama, attended the Damas del Rosario coronation ceremony alongside Capt. Charles Chmielak, the commanding officer of Naval Station Rota, Spain, on Oct. 2.

The tradition started decades ago to represent and honor the women of Rota. The American community has been part of this important tradition for a long time, strengthening the relationship between the two communities.















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Honoring David Glasgow Farragut

Story by Patricia Rios
NAVSTA Rota Retired Activities Office

On September 11th, I was privileged to attend the annual ceremony in Ciutadela, a city on the island of Menorca in the Balearic Islands, which, since 1970, honors the service of U.S. Navy Admiral David Glasgow Farragut and recognizes his family's contribution to the independence of the United States. In a separate ceremony, we also remember the several hundred U.S. Sailors who died of injuries and illness in a Spanish hospital on Isla del Rey between 1818 and 1870, and those who were buried nearby in the Anglo-American cemetery during an era when the port of Mahón served as a base of operations for the American Fleet in the Mediterranean.

The honor ceremony was presided by the Admiral Jefe de la Armada Española (AJEMA) Antonio Piñeiro Sánchez, U.S. Navy League Madrid Council President Gregorio Bueno Murga, Vice Admiral retired, Council Treasurer Joe Mondejar, Kimberly Marshall, of the U.S. Consular Agency in Palma de Mallorca, local dignitaries, representatives of the U.S., Spanish, Italian and British Navies, and other guests.

Speeches highlighted the contribution of Admiral Farragut's father, Jorge Farragut Mezguida, who had been born in Ciutadela in 1755, and, as a Spanish seafaring sailor, set sail for the American colonies and arrived in Charleston, S.C. in 1776. He became a Lieutenant in the Navy of South Carolina and fought for 4 years with American patriots against the British forces until a cannon ball shattered his right arm and made it useless for the rest of his life. Despite his disability, he continued to fight against the British in South Carolina with the "old Swamp Fox" Francis Marion. In 1795, he married Elizabeth Shine, of Scottish heritage, and she gave birth to their son, David Glasgow Farragut, on July 5th, 1801, near Knoxville, Tenn. After his mother's death and at nine years of age, David began to sail under the tutelage of a famous U.S. Naval Officer and diplomat, Commodore David Porter, who later commanded the USS Frigate Essex in the War of 1812 and served as Consul General to Algiers and Turkey.

David Farragut gained extensive experience over the years and was promoted through the ranks, being selected as the first U.S. Navy rear admiral and vice admiral. For his extraordinary heroism and courage during the U.S. Civil War, Congress commissioned Farragut the first full 4-star Admiral of the U.S. Navy. He was placed in command of a fleet that made a good will tour of various European sea ports. Since he spoke Spanish, he brought the fleet to Mahon on Dec. 19, 1867, and was able to visit his father's birthplace in Ciutadela. He was graciously received and was made an honorary citizen of the city.

He died on Aug. 14, 1870. Today, the Naval Station Rota Elementary, Middle and High Schools bear his name.

NAVY FAMILY OMBUDSMAN PROGRAM

The Fleet & Family Support Center

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

Ombudsman Coordinator Fatima M-Nicholson (fatemeh.majidi-nicholson.naf@us.navy.mil)

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USS Arleigh Burke (DDG51)	**Kristin Morris Piloya Otermat**	**+34 649-043-466 +34 681-324-752**	**Ombudsmanddg51@gmail.com**
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USS Paul Ignatius (DDG117)	**Debra Braddy**	**+34 629-815-569 +1 910 217 2480**	**ddg117ombudsman@gmail.com**
USS Oscar Austin (DDG79)	**Shirley Wigdorski Taylor Larrowe**	**+1 858-779-4761** WhatsApp **+1 276-237-2844**	**OscarAustinOmbuds@yahoo.com**
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Anchored together: Airmen complete Navy chief initiation at Rota

Story by Lt. Daniel Ehrlich
521st Air Mobility Operations Wing

In a formation of sailors wearing khaki, three Airmen in Air Force blue service dress stood out as they marched toward their pinning ceremony onboard Naval Station (NAVSTA) Rota, Sept. 16, 2026.

After six weeks of grueling training alongside Navy chief selectees, they had reached the end of an experience that tested their leadership and pinned them with one of the Navy's most revered titles "chief petty officer," joining a family they never knew they'd have.

Master Sgt. Clarissa Grant, Master Sgt. Eric Larmay and Tech. Sgt. Kevin Tuskey, all assigned to the 725th Air Mobility Squadron, completed the initiation. The six-week training brought them into the heart of the chiefs' mess, the collective of chief petty officers on the installation, and challenged them to reflect on how they lead and care for their Airmen.

"I got very comfortable… with the 'come to work, get your tasks done, and go home,'" Tuskey said. "I think what the initiation drilled home for me was embracing being that next tier, being that senior [non-commissioned officer], seeking out opportunities to lead and Airmen who may need help."

The U.S. Navy's chief petty officer rank was introduced on April 1, 1893. Since then, generations of leaders have learned what it means to wear the rank and the increased responsibility to not only be a technical expert in their field but an expert in their people.

"You see the pride the Navy takes in developing their leaders," said Master Sgt. Brandon King, 521st Air Mobility Operations Group unit deployment manager and 2025 NAVSTA chief petty officer initiation graduate. "Through chief petty officer initiation, you hold yourself to a higher standard. You find out how hard you can push yourself not just physically but mentally."

The Navy's chiefs' mess is similar to a fraternal order or a family. You must be accepted, but once you are, the bonds are unbreakable.

"It's a family," King said. "They'll bend over backwards to help you out."

During the six-week period, previous graduates from both the Navy and Air Force mentored and guided the initiates.

"We always had somebody that was there to help us through whatever we may have needed at the time," King said. "There was always somebody from the chiefs' mess to help us out."

Pinned with the same anchors as their Navy counterparts, the three Airmen plan to apply the lessons and connections from the initiation in leadership roles within their units.

"Building that network of connections with all the other chiefs for moments when I need to work with the Navy… to take care of our Airmen," said Larmay. "That was the primary driver for me to go through initiation."

It is not uncommon to see Navy chief petty officer initiations include joint-service partners, but what is extraordinary is taking part in one of the most significant ceremonies held at NAVSTA Rota in more than a decade. The chief selectees were engaged to assist and the three Airmen took a leading role in NAVSTA Rota's commemoration of the 25th anniversary of the Sept. 11 attacks. A sitting head of state had not directly visited NAVSTA Rota or any of its supported commands since former President Obama's visit to the installation in July 2016. King Felipe VI, then Prince of Asturias, visited NAVSTA Rota on Sept. 16, 2001, merely five days after the terrorist attacks, to grieve alongside the American community. Nearly 25 years later, King Felipe VI of Spain returned to preside over the installation's commemoration ceremony.

Tuskey took the lead to create an interactive digital timeline for the event. Using touchscreens, he developed an interactive display with audio and visual components to ensure guests could hear and feel the stories from those who can't share them anymore. The monarch moved through the display, stopping to embrace each element.

"It drew a lot of emotions out being able to not just tell the story of what happened but tie in the personal interviews and videos," Tuskey said. "It meant a lot… having the trust put in us that the product would reach that level."

In addition to their work on the ceremony,



the chief initiates passed out 343 unique pamphlets, each representing a member of the New York Fire Department that perished while responding to the attacks, during a memorial run earlier in the day. Working with the installation's firefighters during the commemoration brought back Larmay's memories of watching the attacks unfold.

"I remember going home from school that day and watching everything unfold on TV and being like 'if I could, I'd be there to help out," Larmay said. "Working as closely as I did with firefighters on the day of the ceremony, there was a lot more emotion behind [the event]."

Six days after that commemoration, the three Airmen were accepted into the chiefs' mess with a handshake and a challenge coin alongside their Navy peers. The pinning ceremony marked what they had completed together, but the relationships they formed and the lessons they learned gave them something to carry forward for life.

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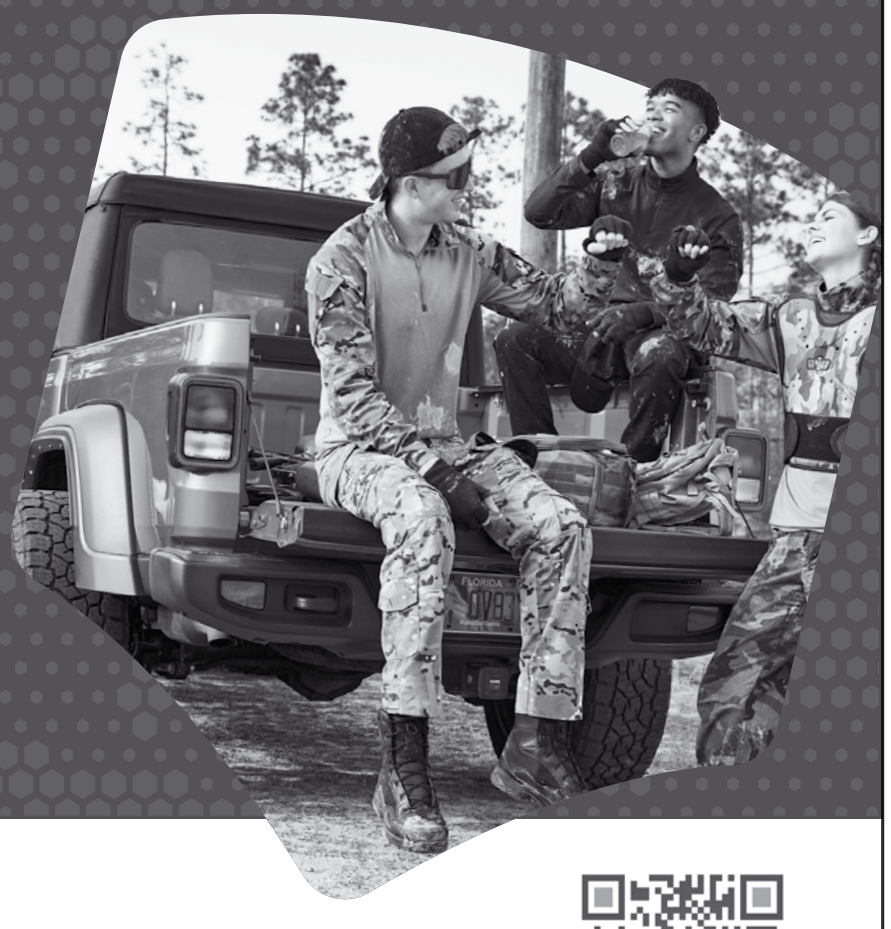

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Naval Station Rota pins 26 new Chiefs in promotion ceremony

Families, friends, and service members gathered onboard Naval Station Rota to celebrate the advancement of 26 chief selectees to the rank of chief petty officer during a time-honored pinning ceremony on Sept. 16.

















Stacy Longstreet



Chelsea Doucette



D'Andrea Parker



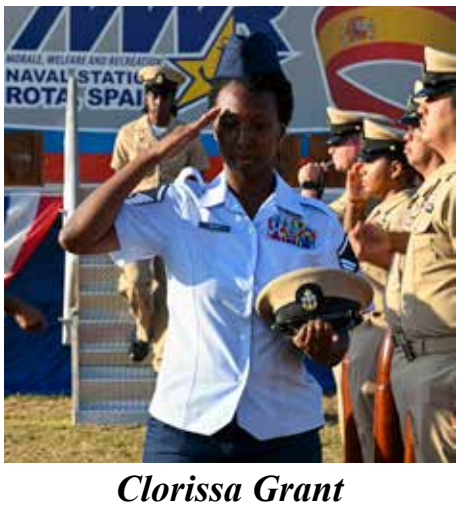
Andrew Young



Kevin Macasadia



Sherlandria Ashe



Clorissa Grant



Bianca Brown



Matthew Martinez



Eric Larmay



Tameca Mckenzie



Gyapong Kusiappiah



Joel Padin



Carlos Solis



John Schmidt



Kevin Tuskey



Frank Hotmer



David Edwards



Dylan Maznicki



Nicholas Cheever



Stephen Wright



Abraham Lopez



Trevor Atkinson



Billy Pesanterecio



Timothy Harris



Nicholas Ringo





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Eating With the Seasons: An Andalusian Autumn

By Brenda Navarro & Ellie McDonald
Contributing Community Members

Autumn in Cádiz can be a little confusing. If you grew up somewhere with four dramatic seasons, you may find yourself waiting for the red and gold leaves, crisp mornings and unmistakable signs that summer is over. Here in Rota, September can still feel suspiciously like August, and even October occasionally seems reluctant to accept that the season has changed.

There is, however, another way to notice autumn arriving in southern Spain: Go grocery shopping.

One of the quieter pleasures of living in Spain is discovering how closely food still follows the calendar. Modern supermarkets mean we can buy most fruits and vegetables throughout the year, of course, but availability and seasonality are not quite the same thing. Anyone who has eaten a ripe Spanish tomato in July or August understands the difference. A winter tomato may look the part, but summer is when tomatoes actually taste like tomatoes, which also helps explain why dishes such as gazpacho and salmorejo are so closely associated with the hottest months.

By September and October, the cast begins to change. Grapes, figs, pomegranates, persimmons — caquis in Spanish — and pumpkins begin appearing, followed as the season progresses by mandarins, oranges and chestnuts. The vegetable stalls shift as well, with pumpkin, chard, spinach, leeks, broccoli and cauliflower becoming more prominent. Mushrooms begin finding their way into autumn dishes, while parts of southern Andalucía offer some less expected seasonal produce, including mangoes and chirimoyas, or custard apples.

It is a different way of marking the year. In places where autumn does not necessarily transform the landscape into a postcard of red and orange leaves, the market does some of that work instead. The ingredients change, the recipes change with them, and foods that seemed completely unappealing during a 95-degree afternoon in August suddenly start making sense again.

In Rota, one autumn ingredient deserves particular attention: the pumpkin.

For many Americans, pumpkins immediately mean Halloween, pumpkin pie and the annual return of pumpkin spice everything. In Rota, however, they also tell a local story. The pumpkin is closely connected to the town's traditional mayetería, the small-scale agricultural culture that once surrounded Rota and supplied its families and markets. That heritage is still visible around the historic center, where more than 100 pumpkin sculptures were installed as part of the "Mayetería, Rota llena de calabazas" project celebrating the town's agricultural roots.

You may already have walked past several without noticing them. They appear on façades, around plazas and in unexpected corners, including near the Castillo de Luna. For families stationed at Naval Station Rota, searching for them can turn an ordinary walk through town into a surprisingly entertaining scavenger hunt with the kids. A word of advice: Remember to look up. Rota has hidden some of its little surprises above eye level.

Autumn is also a particularly good time to become acquainted with another institution of Spanish food culture: the mercado de abastos, or municipal food market. Rather than the temporary farmers market many Americans might picture, these are permanent markets made up of individual stalls selling fruit and vegetables, fish, meat and other fresh foods. The selection naturally reflects what is available locally and seasonally, but part of the attraction is the interaction that comes with shopping there.

A phrase you will hear often in Spain is producto de temporada — seasonal produce. It appears on restaurant menus, at markets and in conversations about food, and it says something important about the way many Spaniards think about ingredients. The question is not simply whether something is available, but whether this is the moment when it is actually worth eating.

Spanish cooking makes considerably more sense when viewed this way. Many of the country's best-known dishes were not invented because someone was trying to create a national cuisine. They came from using what was plentiful, affordable and available at a particular time and place. Tomatoes and peppers dominate summer tables. Cooler weather brings potajes, lentils and other spoon dishes back into the kitchen. Chestnuts begin appearing as autumn progresses, while grapes connect the season to the vendimia, the annual harvest that remains an important part of life in wine-producing areas, including nearby Jerez and the rest of the Sherry Triangle.

A little later comes another enormous Andalusian harvest: olives. Across the region, autumn and early winter mark the beginning of the olive harvest, when the fruit that has spent months ripening under the Andalusian sun begins its journey toward becoming one of the ingredients found on practically every Spanish table. Even if life in coastal Rota can sometimes feel far removed from agriculture, drive inland during harvest season and the connection between the landscape and what appears on the table becomes much easier to see.

There is something refreshingly logical about all of this. People ate tomatoes when tomatoes grew. They made warming stews when the weather cooled. They preserved what needed to last through another season. Recipes were passed through families, and eventually those practical decisions became traditions. Today we have refrigeration, global supply chains and supermarkets capable of making strawberries appear in December, but the old culinary calendar has not entirely disappeared.

The market is one of the easiest places to see it — and to practice another very Spanish tradition while you're there.

A visit can easily turn into an impromptu language lesson, beginning with one of the most useful phrases you can learn in Spain: ¿Quién es el último? Literally, it means, "Who is the last one?" and it solves the mystery of the Spanish invisible queue.

At a busy market counter, pharmacy or bakery, you may find several people standing around with no recognizable line whatsoever. Before assuming there is complete anarchy, ask ¿Quién es el último? Someone will tell you they arrived last, and that is the person you follow. When the next customer arrives and asks the same question, you become their reference point. Everyone knows where they stand even though nobody is



actually standing in a line, a system that can seem baffling until you discover how efficiently it works.

Markets also offer the kind of Spanish that rarely appears in a textbook. Listen for a while and you will hear shoppers asking what is good that day, where the fish came from, which tomatoes are best or how something should be prepared. Stallholders often know their products exceptionally well, and asking for a recommendation can lead to a recipe, a cooking lesson and occasionally a spirited debate involving several other customers who were not originally part of the conversation. Consider that part of the experience.

There is another difference worth noticing. Shopping this way can change the question from "What do I need for dinner?" to "What looks good today?" You see the mushrooms, pumpkin or beautiful pomegranates first and decide what to cook afterward. It is a small reversal, but one that brings you closer to the way many traditional Spanish recipes developed in the first place: Start with what the land and the season have given you and work from there.

And eventually, even Cádiz admits that summer is over. The evenings become cooler. The beach bag finally gets put away. Walking through town in the middle of the afternoon becomes pleasant again. Kitchens that avoided turning on the oven during July and August begin using it once more, and dishes that seemed far too heavy a month earlier return to family tables.

It may be subtler than the autumn many Americans grew up with, but it is still a change of season. You simply learn to look for different signs. Here, autumn might arrive in a pomegranate split open on a market stall, the first chestnuts of the season, a pot of something warm returning to the stove or a little ceramic pumpkin tucked above a Rota street.

Sometimes the best way to know the season has changed is simply to taste it.



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@nmcrs.org
Facebook: www.facebook.com/nmcrsrota

NMCRS Thrift Shop

Hours of Operation

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

NMCRS Casework and Classes

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

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

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

Upcoming NMCRS and Hospital maternal programs and classes:

The Visiting Nurse program includes home and virtual visits, classes, and community support groups for active duty, retirees, and their families. The Visiting Nurse provides health education, resource referral, and support for prenatal and postpartum, newborn care, breastfeeding, pediatric, adult, and geriatric health concerns.

NMCRS: VOLUNTEER WITH US!

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

Preschool Services for Children with Disabilities

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

Retired Activities Office (RAO)

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

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

USO Rota

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

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

Interested in giving back? The USO is a fantastic organization for volunteering. To get started, fill out your volunteer profile at VOLUNTEERS.USO.ORG.

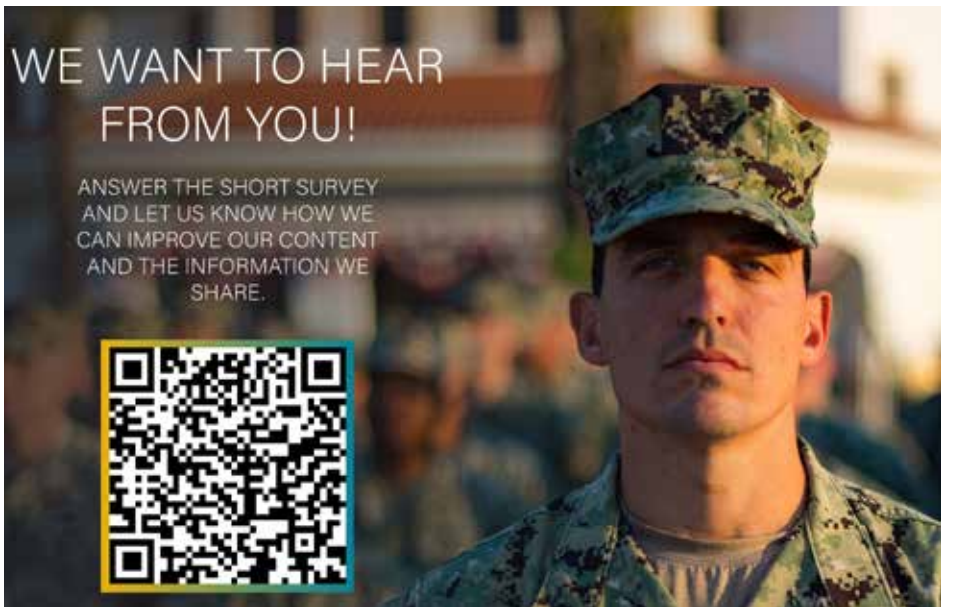
For all USO Rota events and more, follow "USO Rota" on Facebook at www.facebook.com/USORota.

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-









Protestant Director of Religious Education

CONTRACT OPPORTUNITY

The Naval Station Rota Chapel is seeking **ONE** contracted **PART-TIME** Protestant Director of Religious Education (approx. 25-30 hours per week, varying).

The anticipated qualifications are:

REQUIRED: The contractor shall possess legal status to reside in Spain and work with US Forces in Spain throughout the duration of the contract (i.e., possession of a TEI card)

REQUIRED: Have the ability to pass a criminal background check as set forth in DoDI 1402.5 and CNREURAFCENTINST 1700.3 - Chaplin Volunteer Background Check Procedures.

REQUIRED: The contractor shall have a minimum of one year of experience teaching/working in a military or civilian Christian religious education program.

REQUIRED: The contractor shall possess a professional working knowledge of current Christian scripture, educational methods, curriculum planning, student learning process, psychology or learning, as well as technology in the classroom, and literature.

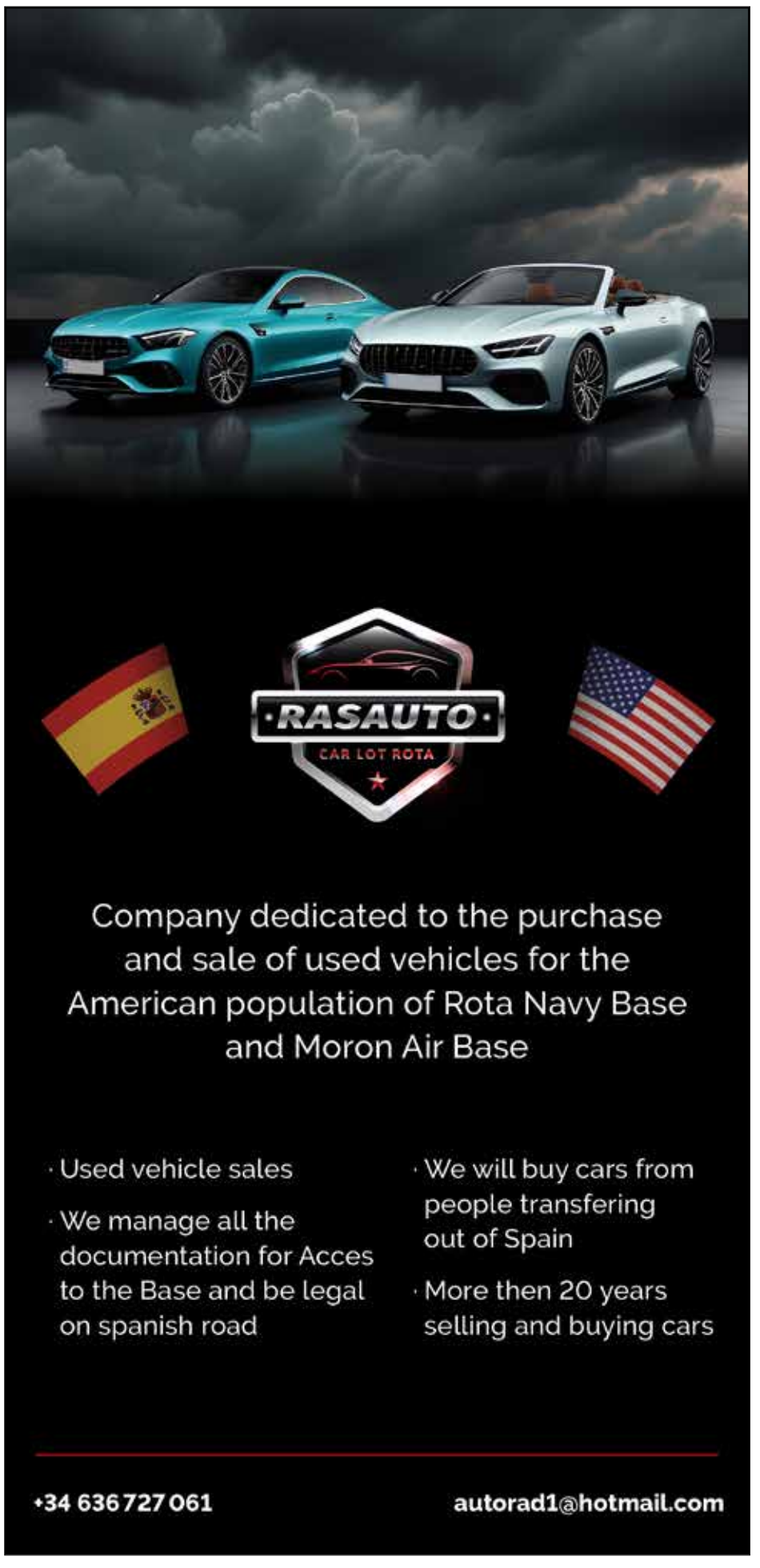
REQUIRED: The contractor shall have the professional aptitude and human relations skills to lead and manage a religious education program, including recruiting, training, and leading volunteer teachers and religious education assistants

DESIRED: The Contractor shall possess knowledge of procurement and material purchasing in order to research, advice, recommend all purchases required for the successful implementation of the Protestant Religious Education Program.

NOTE: The selectee will be an independent contractor. The Government provides no fringe benefits. The contract will be for a one-year base period with the option to extend for an additional year and, two (6) month option periods for a total potential period of performance of (3) years.

Interested contractors that meet the above qualifications shall contact NAVSUP contracting office by email at Melissa.e.ferri.civ@us.navy.mil and julius.j.arrascue-pastor.civ@us.navy.mil as soon as possible in order to obtain a full copy of the Request for Quote and other related documents. The estimated deadline to submit quotes will be on or around 29 October 2026

*** Prospective applicants must registered in SAM.gov in order to be eligible to receive a contract award: https://sam.gov/content/entity-registration.

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USO serves up coffee and connections to shipboard Sailors

Courtesy Photos

USO Rota headed down to the pier on Sept. 18 to serve coffee to Sailors assigned to Naval Station Rota's forward deployed ships.

Sometimes, it’s the simplest things that make the biggest difference. A fresh cup of coffee and breakfast pastries may seem small, but for sailors arriving early at the pier, it means so much more. It’s a warm welcome, a moment to pause, and a reminder that their community is here for them!











NEX adds 22 new washers

Story by Allison Mercer
NEX European District

At NEX Rota, customer service is more than a department, it is the foundation of everything we do. Each day, our associates serve active-duty military members, retirees, families and civilian employees by providing quality merchandise, essential services and value in a welcoming environment.

NEX Rota works closely with installation leadership, community partners and our customers to identify needs and find practical ways to improve convenience and quality of life on base. Listening to customer feedback is an important part of that effort.

One recent example is the addition of 22 new washing machines in the community laundromats. The machines are now operational, including the credit-card readers, providing improved reliability and convenience. The project required coordination among multiple teams and represents a direct investment in an essential quality-of-life service for customers.

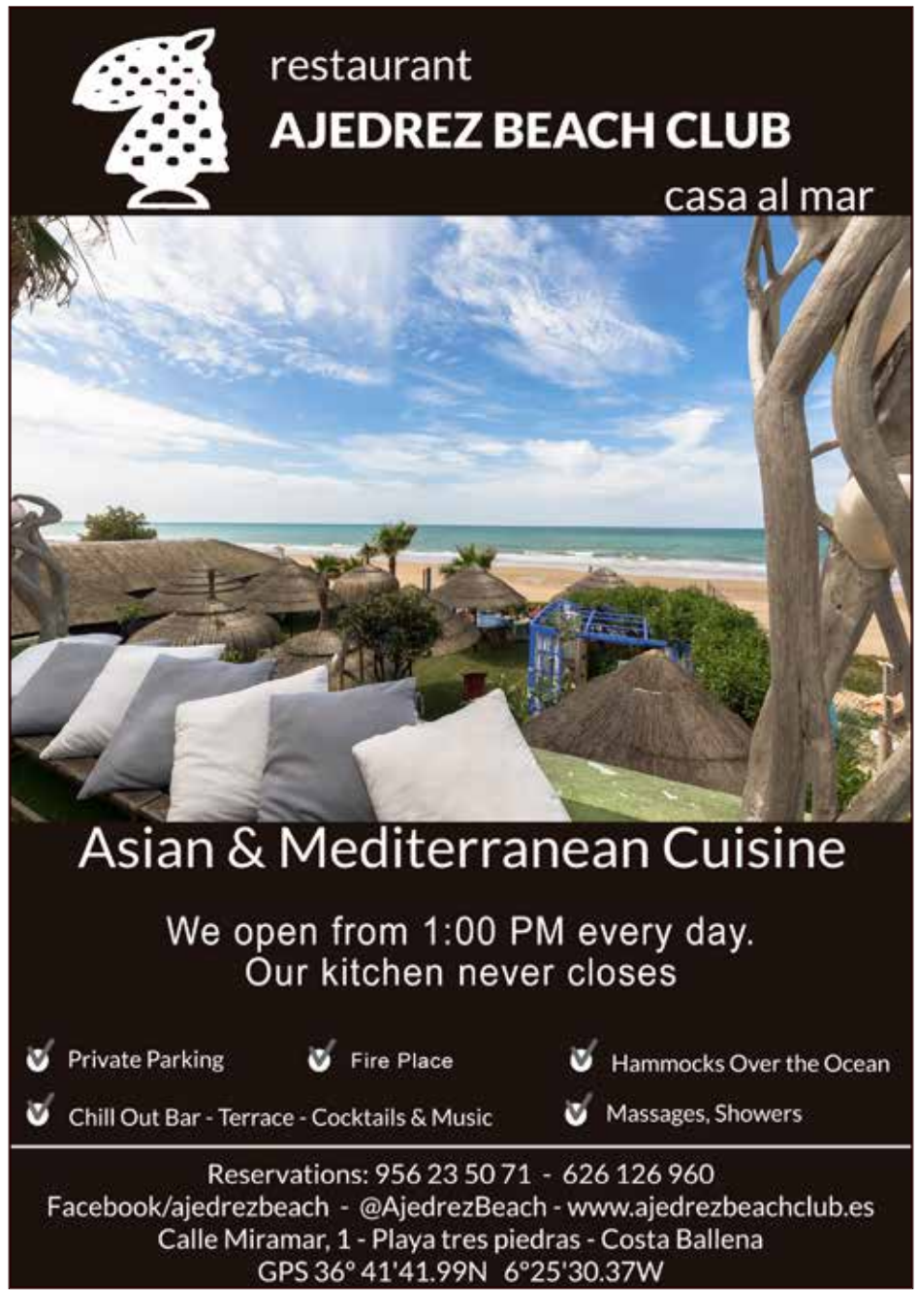
Over the coming months, NEX Rota will highlight additional services, improvements and initiatives underway across the installation. From expanding convenient food options and modernizing services to exploring future opportunities, our focus remains the same: serving the Rota community with convenience, care and commitment.











The New Orleans connection: Spain's gunpowder and the American Revolution

Story by Kristine L. Sjostrom
National Society Daughters of the American Revolution. España Chapter

It was 250 years ago this summer, in August of 1776, when Capt. George Gibson, clad in the humble garb of the ordinary New Orleanian to better hide his intentions, delivered to Spanish Governor Luis de Unzaga a secret letter entrusted to him by the Continental Army's second-in-command, Major General Charles Lee. The missive read as follows:

... It must be known that these Provinces, wearied with being oppressed, and having flattered themselves for a long time – but in vain – for a redress from their ills by means of prayers and remonstrances, have at length determined to break all intercourse with a country which they had always regarded as their mother, but which they can now no longer regard else than as a scourge of injustice and cruelty. ***They lack neither force nor courage to maintain their rights, but they do lack the means necessary to maintain a war....***

Appealing to the "notorious generosity of the Spaniards," and expounding the benefits of a collaboration with the nascent American nation – that included establishing regular trade and the capture of British posts along the lower Mississippi, plus Mobile and Pensacola in West Florida – Lee requested the supplies that the struggling colonists most desperately needed – "muskets, blankets, and medicinal drugs, particularly Quinine." Lee's plea had been penned in Williamsburg, Virginia, on the 20th of May – a full six weeks before the colonists' formal declaration of independence.

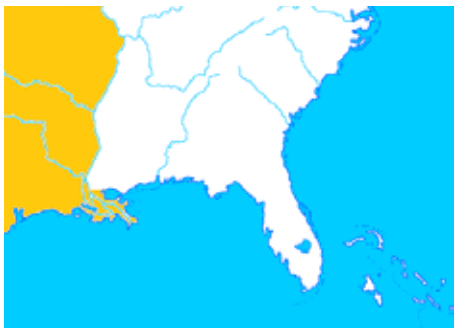
Gibson, having himself conceived a plan to seek gunpowder in New Orleans, was commissioned by the Virginia Committee of Safety to carry out the expedition. So it was that, with Lt. William Linn as his second, he set out on July 19th from Fort Pitt with a party of twenty riflemen (known popularly as Gibson's Lambs) raised in the vicinity of the Fort and the Monongahela Valley. Posed as boatsmen and traders on a business venture to the Spanish capital, they swiftly descended the Ohio River. By early August they were sailing the Mississippi, slipped past British Natchez without incident – though they were observed to display their Rebel Colours – and reached their destination by mid-August.

The party landed above the city, and Gibson sought immediately the aid of Mr. Oliver Pollock, Pennsylvania merchant and resident in New Orleans known to support the Patriot Cause. Pollock translated Lee's letter, arranging a conference between the American officer and Spanish governor. Unzaga readily received Gibson once he learned the reason for the mission and his rank as captain in one of the companies raised by the United Provinces – "that being," noted Unzaga, "the title under which those provinces make their bow in the theater of this world."

The supplies requested by Lee were not in stock in the Royal Warehouse; gunpowder was. To keep up the appearance of neutrality and minimize suspicions of British spies in the capital, Unzaga had Gibson placed under arrest. Meanwhile, Pollock arranged the purchase of one hundred quintals (10,000 lbs.) of the King's gunpowder. Ten quintals of good quality, ten of medium quality and eighty of inferior quality were sold to the Americans for 1,850 pesos fuertes, or Spanish milled dollars. A receipt to this effect was signed by Gibson on September 21.

That very night, 98 barrels of the powder meant for use on the western frontier were smuggled onto the barge tied up above the city. With Gibson still under arrest, Linn set out for Pennsylvania, this time with a total of 43 men. It took almost nine weeks of tedious navigation up the Mississippi to reach the mouth of the Arkansas River. Many in the party had fallen ill and, the season being too far advanced to continue, Linn secured permission from the Arkansas Post commandant, Capt. Balthazar de Villiers, to winter at the Spanish post. Gibson would later remark on the hospitality shown to him and his men, Villiers allowing them as well to keep the powder in the King's magazine.

By mid-January of 1777, Linn's men had recovered, and the party again took to the river in hopes of passing along the Ohio Valley before the British-allied warriors resumed their spring campaign. They reached the mouth of the Ohio on March 3 and Fort Pitt by the first of May. Indeed, Oliver Pollock would later state, "to my very great satisfaction [the powder] not only arrived in safety, but was a very signal and seasonable supply." Stored at the fort, it was



used for local defense against Indian attacks and was likely that issued to George Rogers Clark in 1778 for his expedition to capture the British posts in the Illinois Country.

Meanwhile in New Orleans, Gibson "escaped" in October 1776 from his place of confinement and left the Spanish capital for Philadelphia. This he did by sea on a vessel arranged by Pollock with the remaining part of the powder – "thirty-nine pipes of gunpowder and secret dispatches for Congress." These, too, arrived safely.

Back in Madrid, the Spanish Court highly approved of Governor Unzaga's actions and promptly arranged to send through Havana the requested arms, clothing and quinine. When the shipments finally arrived in New Orleans the following year, in May of 1777, the most secret measures were taken to supply the Americans while giving the appearance that the articles had been sold to them by private traders. Throughout the war, Spain continued to aid the Patriot Cause with shipments along the Mississippi and Ohio rivers to American troops in the Illinois Country and Pennsylvania.



Liberty Center Cardboard Regatta

Photos by Chief Mass Communication Specialist Christina Brewer

This year, Rota's Liberty Center hosted its annual Cardboard Regatta with a special remembrance attached to the event.

Participants took a moment to honor the roughly 600 Sailors and a fleet of nearly 150 vessels, including commercial ferries, tugboats, sightseeing vessels, private yachts, fishing boats, and sailboats, that helped evacuate more than 500,000 people to safety during the maritime evacuation of Manhattan following the attacks of September 11, 2001.

Their extraordinary efforts became part of the largest maritime evacuation in history, once again demonstrating the strength, courage, and tenacity of the American people.









Hello Baby!

NAVSTA Rota Baby Births

David A. Paz
5 lbs 9 oz
Born on July 30th, 2026
Congrats to David & Roberta Paz

Amura Reign McNair
7 lbs 6 oz
Born on September 2nd, 2026
Congrats to Cortnee Gibbs & Jaylyn McNair

Zion Anthony Smith
8 lbs 9 oz
Born on September 4th, 2026
Congrats to Teeriney & Christon Smith

Nathanael P. Eagleton
7 lbs 11 oz
Born on September 29th, 2026
Congrats to John Eagleton III & Cami M. Ericksen



Let's Eat!

By Pilar Ruiz

Papas con Choco:

A Traditional Rota cuttlefish and potato stew with a story that goes back generations



As fall begins and temperatures slowly start to cool down, we find ourselves craving those comforting dishes that have been cooked in local homes for generations. And this week, we are sharing a very special one: Papas con Choco, a traditional cuttlefish and potato stew with a wonderful connection to Rota's culinary history.

In Cádiz, we call cuttlefish "choco," so if you see it at your local fish market, now you know exactly what to ask for!

This recipe was one of the most popular dishes served at Bar La Costilla, a beloved Rota institution that welcomed generations of local families from 1936 until 2013.

The recipe was prepared by generations of the Sánchez García family. For many years, Margarita Sánchez García, affectionately known as Neni, continued sharing her cooking through Cocina Solidaria, a community kitchen initiative in Rota where she prepared meals for people in need with the same generosity and dedication that characterized her family's restaurant.

We have been fortunate to volunteer with this initiative ourselves over the years, which makes this recipe especially meaningful to us.

And there is another reason why we wanted to share it with you now: Papas con Choco is one of the 75 family recipes included in our cookbook, A Taste of Rota, created to help the American community discover some of Rota's most traditional flavors and prepare them at home.

So, grab your apron and let's get cooking!

Ingredients:

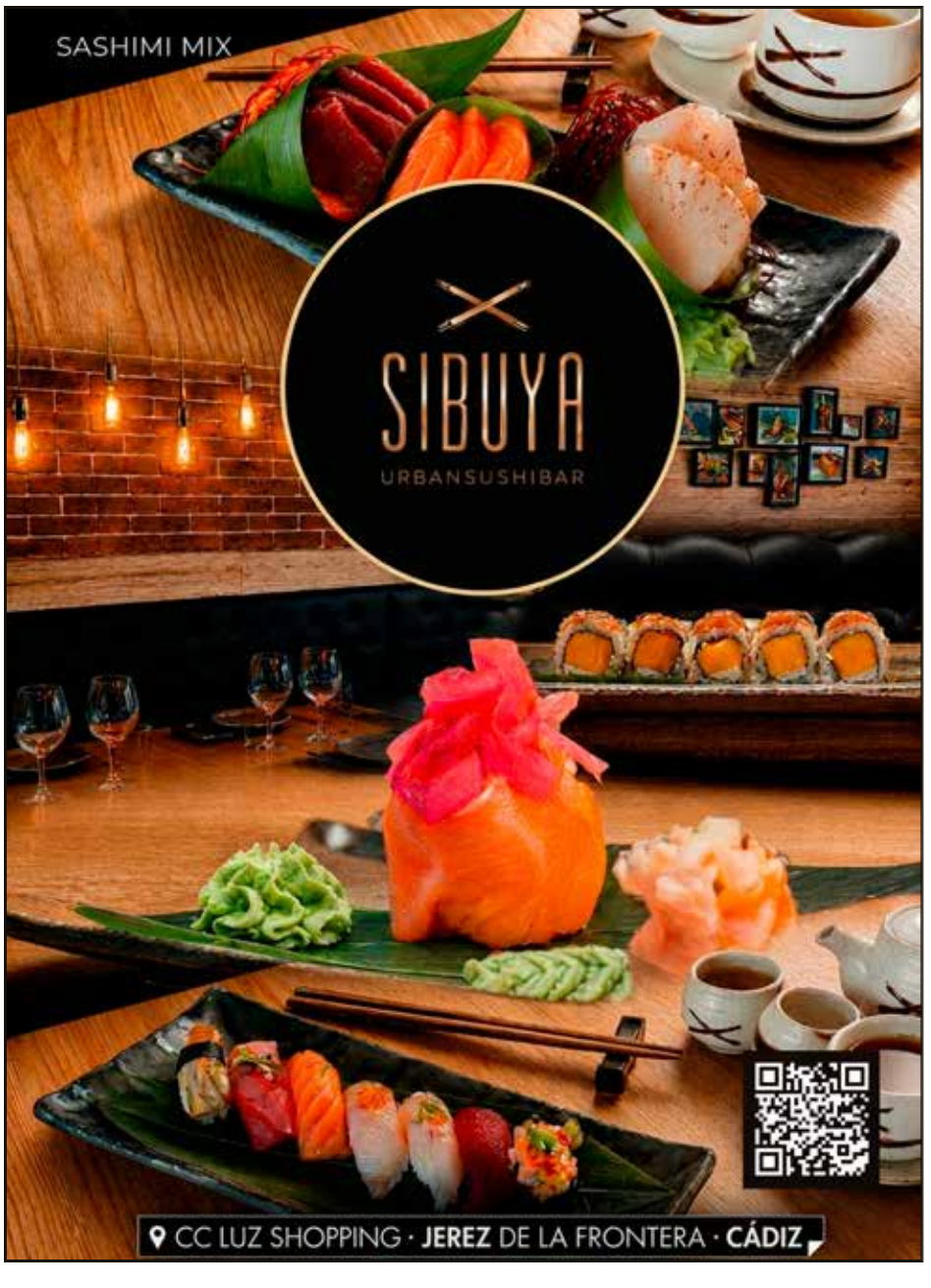
- ½ kg (1.1 lb) cuttlefish, cleaned and cut into pieces
- ½ kg (1.1 lb) potatoes, broken into chunks
- 2 medium onions, finely chopped
- 4 garlic cloves, minced
- 2–3 bay leaves
- 1 tbsp smoked paprika (Pimentón de la Vera)
- Water, as needed
- Optional: a splash of local white wine
- Salt and black pepper, to taste

Preparation

- Prepare all the ingredients first. Clean and cut the cuttlefish into bite-sized pieces, finely chop the onions and garlic, and peel the potatoes.
- Instead of cutting the potatoes cleanly with a knife, break or "crack" them into chunks: make a partial cut with the knife and then twist the potato so that each piece breaks away. This traditional technique helps release some of the potato starch during cooking and naturally thickens the broth.
- In a large pot, combine the cuttlefish, onions, garlic, bay leaves and smoked paprika. Add enough water to cover the ingredients and bring to a boil.
- Reduce the heat and simmer for approximately 20–30 minutes, or until the cuttlefish begins to become tender.
- Add the potatoes and season with salt and black pepper. Continue cooking gently until the potatoes are tender and the broth has thickened slightly.
- If desired, add a splash of local white wine during cooking for an additional layer of flavor.
- Once ready, turn off the heat and allow the stew to rest for a few minutes before serving. Like so many traditional stews, the flavors become even better as they settle.

A Tip to Take Home

- Don't skip the traditional technique of cracking the potatoes rather than simply slicing them. Those irregular edges release starch into the broth as they cook, giving Papas con Choco its wonderfully comforting texture without needing any additional thickener.
- Serve it with some rustic bread and, if you fancy it, a glass of Manzanilla.
- Simple ingredients, a good local product and a recipe passed down through generations: sometimes that is all we need to understand a little more about the place we call home.
- We hope you enjoy this little taste of Rota!





Pilar and Christina showcase dishes during brunch at the galley

Courtesy Photos

Pilar Ruiz and Cristina Rodriguez-Rubio, our regular contributors of the "Let's Eat" recipes in the Coastline, visited Naval Station Rota's galley on Oct. 4, showcasing some of their feature dishes to Team Rota.

















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5. Invite up to five loved ones by inputting their email addresses and tapping "Send Invite"

*With guardian consent, teens 13+ can work with a mental health coach specialized in adolescent support. Children under 13 can use content via their guardian.

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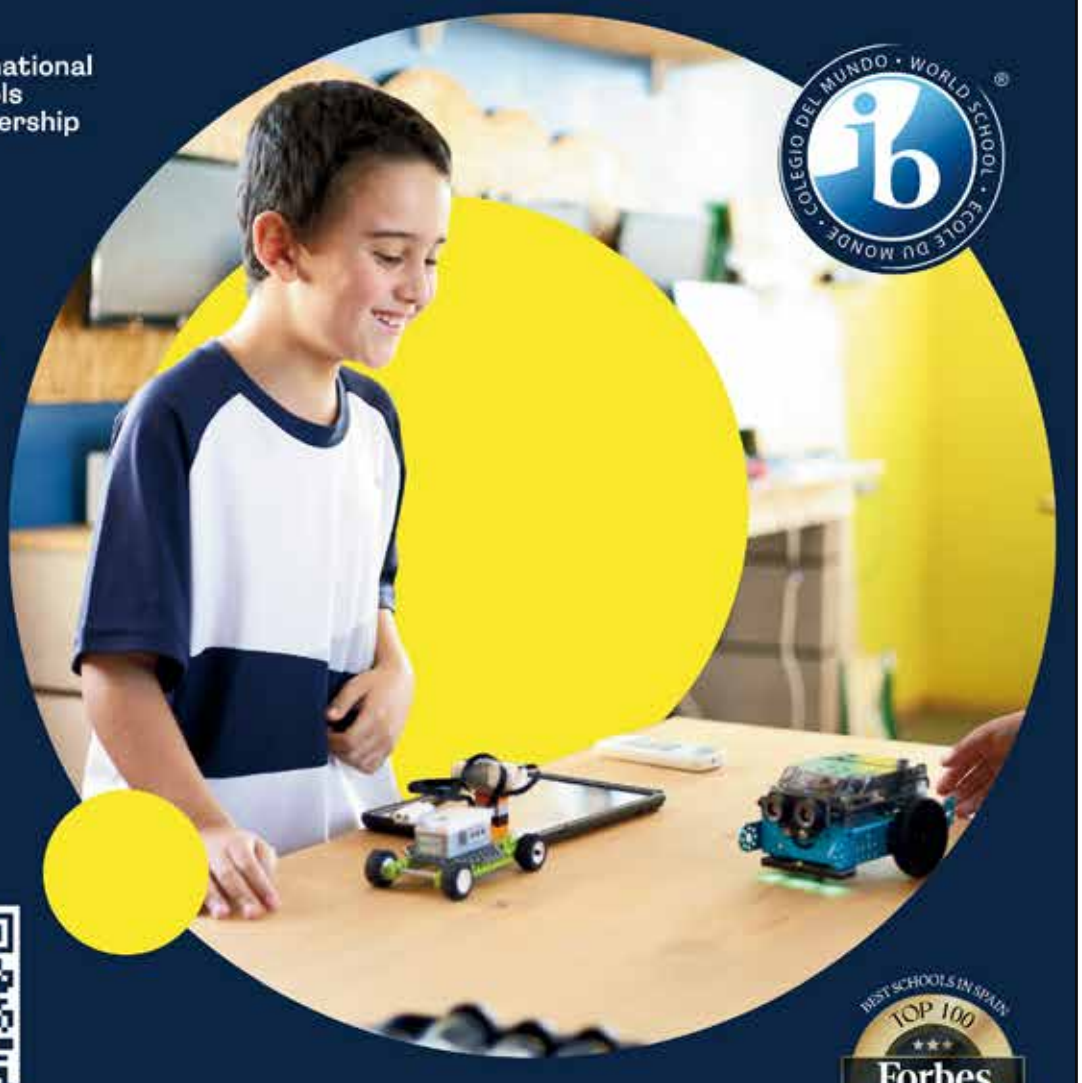

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What's New? *Continued from page 9*

`NEX Rota will host a NEXCares "Hearts from Home" care package event on Saturday, October 24, from 09:00 to 13:00. Children ages 17 and under, along with a parent or guardian, are invited to create and ship a care package to a deployed loved one—free of charge!

Each registered family will receive a $25 NEX gift card to shop for items to include in their care package. After shopping, families can decorate and fill their boxes, and NEX Rota will take care of shipping the completed package to their deployed loved one. Registration is required and space is limited. Watch NEX Rota communications for registration information and additional event details.

Oct. 30: Trick or Treat | 16:00-18:00

Get the costumes ready! NEX Rota will join in the Halloween fun with Trick or Treat at the Main Store from 16:00-18:00. Additional details will be shared as we get closer to the date.

Nov. 11: Veterans Day Coin Giveaway | 07:00 to 21:00

NEX Rota will honor those who have served with our annual commemorative coin giveaway at the Mini Mart during regular operating hours 07:00 to 21:00. Coins will be available while supplies last.

More to Come

Over the coming months, NEX Rota will continue sharing updates through Coastline about additional services, improvements and initiatives across the installation. From bringing more convenient food options closer to where our customers live and work to modernizing existing services and supporting community events, our focus remains the same: serving the Rota community with convenience, care and commitment.

We are proud to serve those who serve and look forward to seeing you at the NEX and throughout the community this fall.

Health Promotions *Continued from page 11*

During these different stages women may experience specific symptoms which may include menstrual cramps, mood alterations, hot flashes, night sweats, weight gain and sexual changes, just to mention a few. It is important to know the facts and to hear it from a medical professional who can answer questions and provide options and support.

It is so important to know about cancer screening no matter what stage of life you are in. Make sure to know the frequency and timing of screening for cervical cancer, colon cancer, and breast cancer. Talk to your health care provider about those screenings and which tests are right for you depending on your age and family history.

No matter what your age, lifestyle can go a long way towards lowering health risks and helping you live the life you want. Exercise and fitness coupled with a healthy diet make a big difference in your health.

Be the best and happiest you possible. Be sure to check your health regularly and make an appointment to be seen by your Primary Care Provider or stop by the Women's Health Clinic today.

NSE Lisbon Grape Stomp

Courtesy Photos

Lisbon MWR hosted two grape stomp & wine harvest trips in September for personnel at U.S. National Support Element Lisbon, filled with great food, wine tasting, and Portuguese tradition.







NSE Madrid Comedy Night

Courtesy Photos

Madrid MWR and Armed Forces Entertainment held a comedy show featuring comedians Pete Lee, Patrick DeGuire, and Greg Mortan, making for an unforgettable night full of laughs.









NSE Madrid and Lisbon hold International Day celebration

Courtesy Photos

Madrid and Lisbon MWR each hosted their own International Day celebrations, bringing representation from 15 different countries. Each country's representatives brought their own food and displays to share with one another.













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