

COASTLINE



June 9, 2026 / Volume 36, Issue 08

U.S. Naval Activities Spain

**USS Bullkeley
Returns to
NAVSTA Rota
Page 4**

**Rota Middle-High
School Class of
2026 Graduation
Pages 15**

**USS Roosevelt
Departs, Change
of Command
Ceremony
Page 20**

Leadership Corner



Jourdan Timmons
Class of 2026 President

Class of 2026: Ready for the Next Step

My personal leadership style has always been to listen to my classmates, not let my own personal opinions interfere too much, and to advocate for their desires to the best of my ability. I worked with my officers to be active and arrange events to make our class more unified. However, leadership is more than just a title because every single graduate in the Class of 2026 has shown leadership in helping others, showing up, and working for something larger than themselves.

Our class has watched each other grow up and learned from one another, whether we have known each other for years or met just this year. Throughout this year, we have gotten closer and closer as we hosted cookie exchanges, watched movies, and finally with a great sunset at the beach bonding in the finality of our high school career. As we go our separate ways, I know everyone will find fulfillment with whatever they decide to do because of the trials we have gone through in high school and the leadership qualities that lie in each and every graduate.

In many lights, graduation is viewed as an ending. It marks the end of our high school careers and childhood experiences. However, it should be commemorated as a new beginning, as we are officially starting our journeys as adults and finding our role in the world. The Class of 2026 is ready to meet any challenges we face.

As Rota's Class of 2026 prepares to walk across the stage, I can guarantee everyone is reflecting on the journey that brought us to this moment. Even though we will take the lessons we have learned with us forever, everything changes once we receive our diplomas and move our tassels from right to left. No matter what we do or which path we follow after graduation, it is only up to us to make that choice.

I was so grateful to have the honor of being class president for the past two years, and it has taught me invaluable lessons.

**See photos of the
graduating class and
ceremony on pages
15 - 17!**

On The Front Cover



Rota Middle-High School students throw their caps into the air after their graduation ceremony onboard Naval Station (NAVSTA) Rota, Spain, June 5, 2026. Photo by Everett Lopez

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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USS Bulkeley (DDG 84) returns to Naval Station Rota

By Mass Communication Specialist
2nd Class Johnny Garcia
USS Bulkeley (DDG 84)

Arleigh Burke-class guided-missile destroyer USS Bulkeley (DDG 84) returned to its homeport of Naval Station Rota, Spain after the completion of the ship's fifth Forward-Deployed Naval Forces-Europe patrol, June 1, 2026.

During its four-month patrol, Bulkeley operated in the Naval Forces Europe-Africa area of operations in support of U.S. and Allied interests and national strategic objectives. The ship's missions included NATO anti-submarine defense and ballistic missile defense.

"Bulkeley's crew, the Wolfpack, redefined combat excellence over the course of Patrol 5," said Cmdr. Michael Schelcher, commanding officer of USS Bulkeley. "The ship achieved triumphs never-before-seen in the history of the United States Navy, none of which would've been possible without the individual excellence of each member of our crew working together towards a singular goal. Every Sailor should take immense pride in their individual, and our collective, achievements."

Bulkeley departed Naval Station Rota, Spain, Jan. 26, 2026, serving as one of the five Forward-Deployed Naval

Forces-Europe Arleigh-Burke class guided-missile destroyers. The ship is assigned to Commander, Task Force 65/ Destroyer Squadron 60, and its forward-operating posture provides the U.S. and its Allies increased flexibility and capability throughout the U.S. Naval Forces Europe-Africa area of operations.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.



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Spanish Armada, U.S. Navy participate in a bilateral oil spill response exercise

By Silvia Garcia Navarro
Armada Public Affairs

Base Naval de Rota hosted the slick response exercise on June 4, 2026. This event is one of the annual bilateral exercises between the U.S. Navy and the Spanish Armada.

Bay of Cadiz Port Authority, Cadiz Port Captain's Office, and Spanish Maritime Rescue Services participated in the event, in accordance with the Spanish national response system to maritime contamination. Furthermore, the Director General of Spanish Merchant Marine and Commander of U.S. Naval Activities Spain Capt. Charles Chmielak was present during the exercise.

"Executing joint exercises alongside civilian authorities allows us to improve the coordination between entities during emergencies, natural disasters, or threats to our national security. These exercises foster a mutual understanding in the processes, capabilities, and limitations of each entity, which is essential for a quick and efficient response", explained Spanish Armada Capt. Antonio Benitez Delgado, chief of base general services at Base Naval de Rota and director of the exercise.

Commander of U.S. Naval Activities Spain Capt. Charles Chmielak oversaw the initial response procedures from the U.S. Emergency Operations Center, as well as the initial coordination and



turnover of incident response command to Spanish authorities.

"As guests on a foreign military base, our partnership with our Spanish allies is central to everything we do," said Chmielak. "For over 70 years, we have worked and trained together to solve challenges, prepare for emergencies, and strengthen the safety and security of our shared community while enhancing our collective capabilities." Every year, the importance of this exercise increases, motivated by the Base Naval de Rota Internal Maritime Plan, which became official two years ago.

The Exercise: Minute by Minute

"Exercise, exercise, exercise" announced the giant voice at Base Naval at the beginning of the drill, which was used for the first time for this exercise.

The simulation started with a small spill of 50 gallons of oil from one of the piers at Base Naval de Rota, initially contained by the U.S. Navy and Spanish Armada

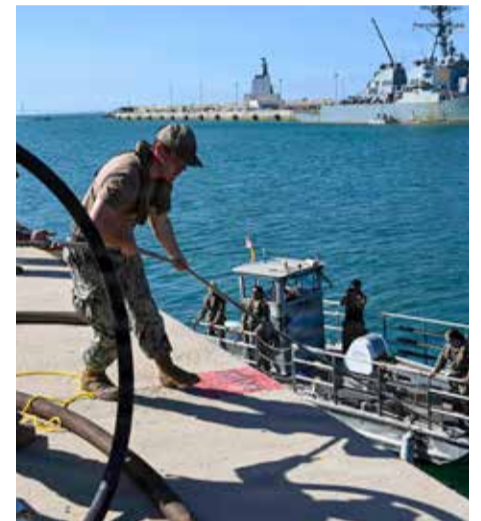
resources on the base, which constitutes level I of response. At that moment, the Base Naval de Rota internal maritime plan is activated to use all resources available to contain the spill and the Armada deploys the environmental section, whose objective is to evaluate the reach of the spill to inform at all times about its dangerousness in order to activate the appropriate resources to contain it.


The spill was not controlled and increased to five thousand gallons, which forced the activation of level two of the Spanish national response system to maritime contamination. Once the spill was carried outside of the base perimeter, coordination with Bay of Cadiz Port Authority started and the Spanish Maritime Rescue Services resources were used to avoid further expansion of the oil throughout the sea and the coastline of the Bay of Cadiz.

"During maritime emergencies, coordination is crucial. It allows the

mobilization of available resources, it facilitates the decision-making process, and it prevents duplications and delays in the intervention," stated Ana Núñez, director general of Merchant Marine. "Therefore, the Directorate General of the Merchant Marine supports this type of exercise, which strengthens the coordination and helps us detect minor mistakes."

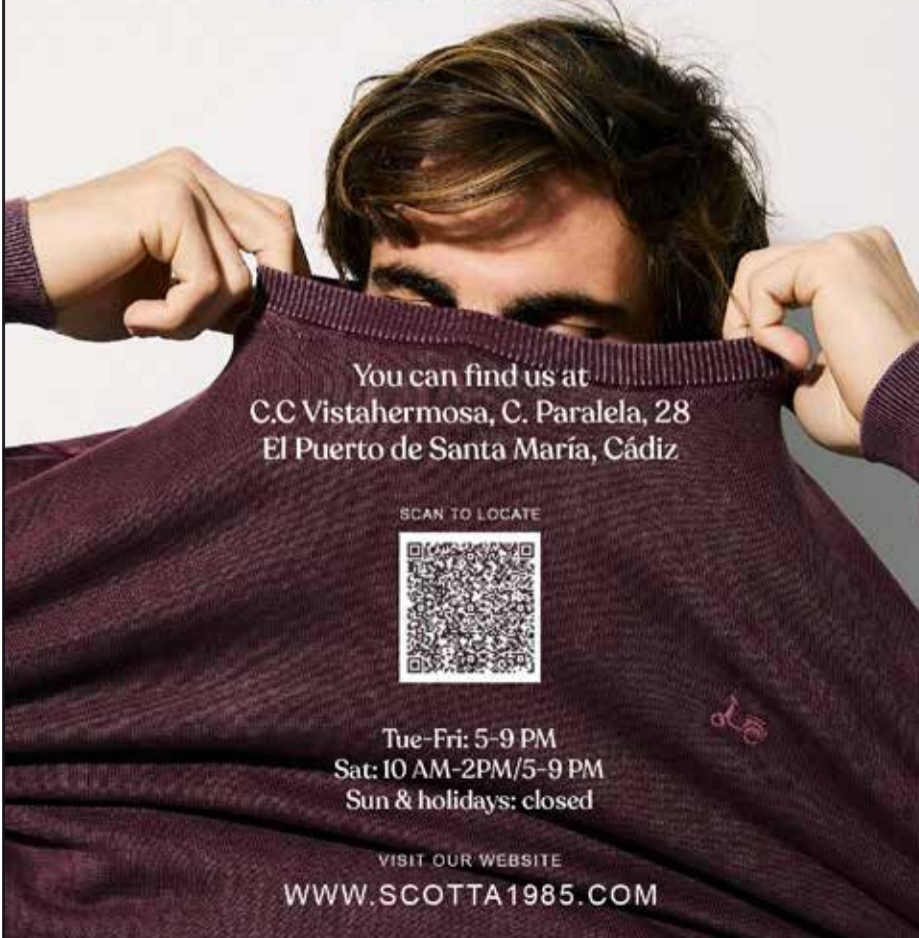
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PUBLISHER'S CORNER

AJEDREZ BEACH CLUB

Chipiona Beach

The beaches of Chipiona are lovely, soothing and somewhat off the beaten path. If you visit the area, consider stopping by the Ajedrez Beach Club, a nationally famous "Chiringuito" on the beach. Ajedrez is a culinary reference in the province and beyond. They maintain impeccable service in a unique atmosphere and serve excellent dishes of Asian and Mediterranean inspiration.

At sunset can sound an aria of opera music. It is a magical moment, especially when accompanied by one of the delicious cocktails they prepare. The nights at Ajedrez Beach Club are enlivened by live music, one day Jazz, another Cuban music, another classical music quintets, yet another a club orchestra or possibly a piano or guitar soloist.

Ajedrez means chess in Spanish but a visit to this fine restaurant does not require competitive mental effort on the part of the diner, a superb Sunday lunch can effortlessly turn into a day at the lovely Chipiona beach basking in the sun in one of the lounge chairs provided to clients and later possibly an evening of music, cocktails and fine company.

Ajedrez Beach Club wishes to thank their American family for the appreciated support they have received during these past 40 years.

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Base Naval de Rota holds open base event for Rota community

Photos by Lt. Daniel Ehrlich and Alejandra Tirapu Lucero

In honor of Spanish Armed Forces Day, Base Naval de Rota opened its doors to the surrounding community on May 30.

Our Armada allies extended the honor to join in on the event to U.S. Naval Station Rota and its supported commands. U.S. forces were represented with displays by Naval Station Rota's Fire Department and Fleet Antiterrorism Security Team Company, Europe.



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R.I.S.E. Symposium brings military spouses together through connection, community

By the Rota Fleet and Family Support Center Team

Military spouses across the Rota community came together on May 29 for the annual Rota Ignites Spouse Enrichment (R.I.S.E.) Symposium hosted by Fleet and Family Support Center (FFSC). The symposium focused on connection, professional growth, wellness, and community support for military spouses.

Throughout the day, attendees participated in interactive discussions, networking opportunities, giveaways, and panel conversations covering topics such as volunteerism, travel, and home-based businesses (HBBs). The symposium reinforced FFSC's commitment to supporting military spouse education, employment, and quality of life through resources, connection, and community engagement.

The symposium began with featured keynote speakers Dr. Courtney Schonfeldt, principal of Rota Middle High School, and Sylvia Bryant, Exceptional Family Member Program assigned case liaison at FFSC Rota. Schonfeldt shared insight from her years serving military-connected students and families through DoWEA, while Bryant brought both professional and personal perspective as a Marine Corps veteran, military spouse, and mother. Their remarks helped set an encouraging tone for the day and reinforced the importance of connection,

resilience, and community support.

Spouses lined up for complimentary professional headshots provided by Everett Lopez, who runs his own photography business. Lopez generously donated his time and talent to help attendees update professional profiles, accounts, and personal branding materials. The headshot station remained busy throughout the symposium and became one of the most appreciated resources offered during the event.

For many attendees, one of the most meaningful conversations of the day came during the home-based businesses (HBB) panel. Panelists included HBB owners Ahzae Butler, Alex Kenefic, and Marian Nadal. Together, they shared their personal experiences building businesses overseas, answered questions from the audience, and exchanged ideas with attendees interested in pursuing their own goals.

Attendees had opportunities to win prizes throughout the day thanks to generous donations from Morale, Welfare and Recreation, the Commissary, and the Navy Exchange. Complimentary coffee and snacks provided by the United Service Organizations helped create a welcoming atmosphere that encouraged conversation, networking, and community connection.

For Amber McCoic, one of FFSC's newest team members and the coordinator for this year's symposium, the goal was



simple: to make sure military spouses felt seen, encouraged, and inspired to take one small step for themselves.

"Just by attending R.I.S.E., spouses are investing in themselves," said McCoic. "Whether they learned something new, made a new connection, or simply took time to be in a space created for them, that matters. Small or big, if R.I.S.E. helped someone feel connected or encouraged, then I consider that a success."

McCoic stated that FFSC hopes to continue building on this year's momentum and grow the symposium into an even larger event next year, with expanded workshops, more community partnerships, and additional opportunities for spouses to connect, learn, and thrive.



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USS Arleigh Burke spouses show love to their deployed Sailors with sweet treats

By Chaplain Adewale and Mrs. Shana Giwa-Alaka
USS Arleigh Burke (DDG 51)

In a heartfelt demonstration of support, the spouses of USS Arleigh Burke (DDG 51) organized a remarkable cookie drive that culminated in a care package packing party that brought together the military spouse community in a show of love for their deployed Sailors. What began as a modest initiative to collect 350 boxes of cookies spiraled into a massive outpouring of generosity, resulting in over 1,200 boxes being collected.

Shana Giwa-Alaka, a leading organizer of the event, shared, "It started when our family and friends continued to reach out, exploring ways to provide tangible support beyond prayers."

The team decided that sending snacks and uplifting notes would be a meaningful way to connect families with their loved ones at sea.

The event was made possible through collaboration with the command ombudsmen and the Family Readiness Group, who rallied the efforts of Arleigh Burke family members, the USO, the base community, and the Girl Scouts Overseas, Rota Troops. They gathered at Sea View Pines onboard Naval Station (NAVSTA) Rota to pack boxes of cookies and accompany them with heartfelt letters of appreciation for "Team 51."

This initiative not only provided a sweet surprise for Arleigh Burke Sailors but also extended to other ships in the Squadron. A total of 300 boxes of cookies were sent to USS Gonzalez (DDG 66), USS Oscar



Austin (DDG 79), and USS Bulkeley (DDG 84), reaching over 1,300 forward-deployed sailors.

The success of this event highlights the strength and unity of the Rota military community, echoing the powerful impact of collective efforts in support of those serving away from home.

Cmdr. Ethan Reber, Commanding Officer of USS Arleigh Burke (DDG 51),

expressed his gratitude, saying, "Thank you to everyone who contributed their time and talents. Gestures like this make a world of difference in continuing to help Navy families, separated by service at sea, feel connected. We're especially grateful that the outpouring of abundance allowed our sister ships to be included, and that it will bring joy to their Sailors as well."



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Rota Community celebrates academic achievement at recognition ceremony

By Carolyn Palugod
*Embry Riddle Aeronautical University,
Rota Office*

On May 15, Naval Station Rota honored the accomplishments of local graduates during a special local recognition ceremony sponsored by University of Maryland Global Campus (UMGC) and Embry-Riddle Aeronautical University.

The ceremony recognized a total of 71 graduates, including those earning degrees through Embry-Riddle and UMGC, as well as graduates from the Community College of the Air Force



(CCAF) and other colleges stateside. With an estimated 200 attendees, the event brought together service members, military spouses, veterans, and civilians, highlighting the dedication required to pursue higher education while balancing the demands of military life.

The afternoon served as both a celebration and a reflection of perseverance, showcasing the commitment of Rota's community to personal and professional growth. Graduates were recognized not only for their academic success, but also for their resilience in achieving their goals while stationed overseas. A particularly special moment of the day was seeing five couples graduate together, walking the stage side by side—an inspiring reflection of shared commitment, support, and achievement.

Jacob Carnavale served as Master of Ceremony, guiding the event with professionalism and enthusiasm. The keynote address was delivered by Capt. Michael G. Mercado, who encouraged graduates to continue striving for excellence and to carry their achievements forward into future endeavors, but always remembering "them" the people who supported the graduates in their academic journey. Chaplain Lt. Gregory Johnson offered an invocation, blessing the graduates and their achievements as they move forward in their professional journey.

The presentation of colors by the



Navy Junior Reserve Officers Training Corps (NJROTC) Rota Middle-High School students underscored the strong connection between education and service. The National Anthem was performed by Chief Petty Officer Andre Taylor, adding a meaningful and memorable moment to the ceremony.

The event's success was made possible through the generous support of community partners and volunteers, including Steven Buchanan, Vinny Carmona, USO Rota, Fleet Antiterrorism Security Team Company Europe (FASTEUR) Marine volunteers, UMGC student ambassadors, and faculty and staff from both UMGC and Embry-Riddle Aeronautical University, who together

created a meaningful and memorable celebration for graduates and their families.

The local recognition ceremony reflects Naval Station (NAVSTA) Rota's continued commitment to supporting education and lifelong learning. Congratulations to the Class of 2026; Your hard work, resilience, and determination are an inspiration to the entire community.

If you are feeling inspired to start your academic journey, please reach out to the local universities to schedule an academic advising appointment.

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Rota Elementary School kicks off summer with Field Day event

Photos by Mass Communication Specialist 1st Class Drace Wilson

DOWEA Rota Elementary School students celebrated the upcoming summer break during their annual Field Day event on May 27. The children had several activities and games to participate in and inflatables to play with that encouraged teamwork and communication. Volunteers made up of parents, staff, and military members helped ensure that each station ran smoothly and safely!



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HSM-79 holds change of command

Photos by Mass Communication Specialist 2nd Class Jett Morgan

Helicopter Maritime Strike Squadron (HSM) 79, the "Griffins," welcomed its newest commanding officer during a time-honored change of command ceremony aboard Naval Station (NAVSTA) Rota, May 21.

During the change of command event, Cmdr. Kira Devers-Jones assumed all duties and responsibilities as the HSM-79 commanding officer from Cmdr. Alex Haupt.



What is MiTICK?

- The MiTICK program identifies ticks that have bitten humans and tests the ticks for pathogens carried by that species that cause disease in humans.

Why use MiTICK?

- Find out if the tick submitted was infected with any pathogens that can cause disease in humans.
- By knowing the species and infection status of the tick, the provider can better diagnose and treat the patient, if treatment is required.

What does MiTICK Provide?

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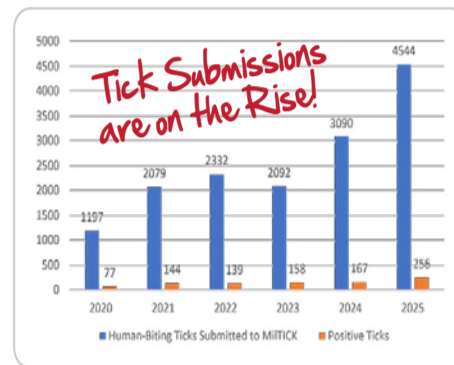
- Order tick kits, which are completely free, and distribute them to patients or keep them on retainer (follow QR code).
- Encourage patients to bring in the ticks that have bitten them.
- Complete the MiTICK submissions and receive results on patients' behalf. This is the best way for clinic staff or doctors to decide to treat the patient or disseminate information.

Who can use MiTICK?

- Active Duty Service members
- National Guard personnel
- Reservists in all Services
- Civilian personnel working for the DoW (including Army Corps of Engineers)
- Contractors supporting the DoW
- Retired Service members
- Dependents, including spouses, parents, or children of all above categories
- Clinic staff to support any of the above categories

What does MiTICK test for?

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- Ewingii ehrlichiosis
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- Powassan Virus
- Tick-Borne Relapsing Fever (*Borrelia miyamotoi*)
- And more!



TICK TOCK - time is of the essence!

If your Service members are training out in the woods, every one of them should have a tick kit. The MiTICK program wants ticks that have bitten Service members ASAP! The MiTICK program wants to test them immediately so you know what risks your personnel have been exposed to. The faster you send in ticks, the faster the MiTICK program gets results back to you!



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Rota Middle-High School class of 2026 graduation ceremony

Photos by Ev Lopez

DOWEA Rota Middle-High School held its graduation ceremony for the 40 students belonging to the class of 2026 on June 5, 2026.

We wish the best of luck to the 2026 graduating class on their individual journeys ahead!

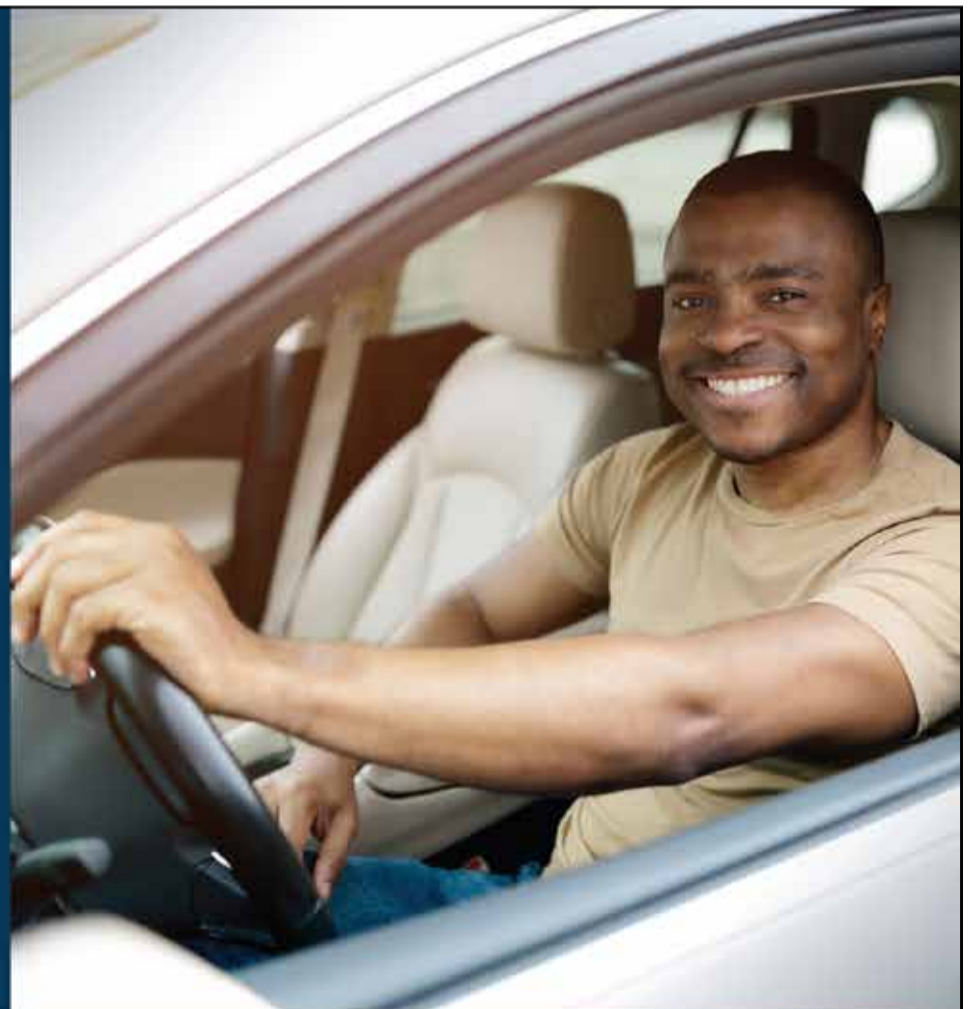


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Photo Middle High School Class of 2026

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USS Roosevelt departs Rota, Spain

By U.S. 6th Fleet Public Affairs

The Arleigh Burke-class guided-missile destroyer USS Roosevelt (DDG 80) departed its homeport of Rota, Spain, to execute its ninth Forward-Deployed Naval Forces-Europe (FDFNF-E) patrol, May 22, 2026.

Roosevelt, named after U.S. President Franklin D. Roosevelt and his wife Eleanor, is one of five U.S. Navy destroyers based in Rota, Spain and assigned to Commander, Task Force 65 in support of NATO's Integrated Air Missile Defense architecture. These FDFNF-E ships have the flexibility to operate throughout the waters of Europe and Africa, from the

Cape of Good Hope to the Arctic Circle, demonstrating their mastery of the maritime domain.

"Throughout the past seven weeks, this crew has trained hard, prepared relentlessly, and proven that we are ready for whatever our next mission demands," says Cmdr. R. J. DaPrato, commanding officer, USS Roosevelt. "It is an honor to stand shoulder to shoulder with these sailors as we head to sea and continue the legacy of excellence that this ship has earned."

Roosevelt returned from a six-and-a-half-month patrol on March 27, 2026. During the patrol, the ship operated in the 5th and 6th fleet Area of Operations.



For the past seven weeks, the crew has been working diligently to prepare for the patrol, focusing on maintenance and training. Roosevelt is scheduled to conduct operations and exercises as

directed by U.S. European Command (EUCOM) and C6F, including working directly alongside allies and partners throughout the Mediterranean Sea and Eastern Atlantic Ocean.

USS Roosevelt holds change of command in Bay of Cadiz

By U.S. 6th Fleet Public Affairs

Cmdr. R. J. DaPrato relieved Cmdr. Jared L. Carlson as the commanding officer of the guided-missile destroyer USS Roosevelt (DDG 80) during a change of command ceremony in the Bay of Cadiz, May 22, 2026.

During his command, Cmdr. Carlson led the USS Roosevelt through multiple operations and training evolutions, maintaining a high state of readiness and warfighting capability. Under his leadership, the warship underwent successful patrols in the 5th and 6th Fleet Area of Operations where the crew was able to strengthen proficiency across mission areas while upholding the Navy's standards of excellence at sea.

Carlson, a native of Wahpeton, North Dakota, commissioned from the United States Naval Academy in 2008. Assignments afloat include Division Officer tours as Repair Officer in USS Boone (FFG 28), Executive Officer

in USS Sirocco (PC 6), and Platoon Cmdr., Riverine Squadron Two. Carlson served as Operations Officer, Weapons Officer, and Combat Systems Officer in USS Stethem (DDG 63) while forward deployed to Yokosuka, Japan, and Executive Officer, USS Roosevelt (DDG 80) forward deployed to Rota, Spain.

Ashore, Carlson served as Director of N7 at Patrol Coast Squadron One, Assistant Officer in Charge of Commander, Naval Surface Forces Atlantic Detachment, and as Branch Head at Surface Officer Placement at Navy Personnel Command (PERS-41).

"Commanding this warship has been the honor of my life. Her crew has proven, again and again, that when Roosevelt answers the call, she exceeds the standard in every way," says Carlson. "As I turn over command to Cmdr. DaPrato, I do so with full confidence that this ship's legacy of toughness, professionalism, and victory at sea will only continue to grow."

Cmdr. DaPrato, previously Roosevelt's

executive officer, now takes command. His previous assignments include Division Officer tours as Auxiliaries Officer and Navigator in USS James E. Williams (DDG 95), and Department Head tours as Chief Engineer and Combat Systems Officer in USS Porter (DDG 78) forward deployed to Rota, Spain.

Ashore, DaPrato served as a Seamanship and Navigation Instructor at the United States Naval Academy, Flag Lieutenant to Commander, Carrier Strike Group Eight, Junior Officer Sea Coordinator and Strategic Communications Officer at Navy Personnel Command (PERS-41), and South and East Africa Branch Chief at the Joint Staff, J5 Strategy, Plans, and Policy Directorate.

"Taking command of Roosevelt is an honor and a privilege," DaPrato remarked. "I am humbled to lead a team defined by their unshakable commitment to our mission. This is a warship ready to fight, win, and lead from the front. I could not be prouder to stand with this crew as we write



the next chapter in Roosevelt's history." Roosevelt, named after U.S. President Franklin D. Roosevelt and his wife Eleanor, is one of five U.S. Navy destroyers based in Rota, Spain and assigned to Commander, Task Force 65 in support of NATO's Integrated Air Missile Defense architecture. These FDFNF-E ships have the flexibility to operate throughout the waters of Europe and Africa, from the Cape of Good Hope to the Arctic Circle, demonstrating their mastery of the maritime domain.

STG2 Smith memorial softball game

By Ensign Anderson Acebo
USS Roosevelt

From May 11 to May 13, the crew of USS Roosevelt (DDG 80) came together to host the first annual STG2 Smith Memorial Softball Tournament, honoring the life and legacy of STG2 Jacob Smith. Four teams battled over three days

of competition, with the Chiefs' team ultimately taking home the championship. STG2 Smith, who passed away on June 7, 2025, was known for his love of baseball. The tournament was created to give the crew a meaningful way to remember a shipmate whose impact continues to be felt throughout the command.

For many Sailors, the tournament

was about more than just softball. It was a chance to come together as a crew, share stories, and honor STG2 Smith in a way that reflected who he was. "This tournament meant a lot to the guys because it gave them the opportunity to remember Smitty through something he truly loved," said Ensign Thoren Berg. "Seeing the crew come together and carry his memory forward was exactly the kind of tribute he deserved."



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Summer in Cádiz: Heat, accents and the art of living differently

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

Nobody warns you that the first challenge of living in southern Spain isn't learning Spanish.

It's learning how Spain survives summer.

Every year, as temperatures begin their steady climb and weather forecasts flirt with 100 degrees, newcomers to Cádiz Province often ask the same question: "How does everyone function in this heat?"

The answer is surprisingly simple: They don't fight it.

For centuries, long before air conditioning became common, Andalusians adapted their homes, schedules, food and social habits to the climate. Over time, summer didn't just influence daily life here but helped shape it.

You can see it in the architecture. The famous white villages scattered throughout Andalucía were not designed for postcards or social media. Whitewashed walls reflect sunlight and help keep buildings cool. Narrow streets create shade. Thick walls protect interiors from the worst of the afternoon sun.

Even the traditional Andalusian home tells the same story. Many older houses were built around interior courtyards,



or patios, where plants, fountains and shaded spaces naturally lowered temperatures. These courtyards became gathering places, offering relief from the heat while preserving a sense of community.

Then there are the persianas.

Many foreigners arriving in Spain initially assume the exterior shutters are decorative. By August, they discover otherwise. Lowered during the hottest part of the day, persianas block direct sunlight and dramatically reduce indoor temperatures. Combined with careful ventilation in the early morning hours, they remain one of the simplest and most effective cooling systems ever invented.

The climate also explains one of Spain's most misunderstood traditions: the siesta.

Contrary to popular belief, modern

Spain does not shut down every afternoon for a nap. Yet the idea behind the midday pause remains rooted in practicality. When temperatures climb, activity naturally slows. Historically, people worked during the cooler morning hours, rested during the peak heat and resumed daily life later in the day.

The result is a schedule that often feels unusual to those arriving from other countries. Lunch happens later. Dinner happens much later. Children seem to be awake long after sunset.

But in a place where the summer sun may still be shining at 9:30 p.m., life simply shifts accordingly.

Food follows the same logic.

Walk into a Spanish kitchen in July or August and you'll likely find a jug of gazpacho in the refrigerator. Made with tomatoes, olive oil, vegetables and a touch of bread, this cold soup has been helping Andalusians navigate summer for generations.

Long before sports drinks existed, people understood that seasonal vegetables, hydration and a refreshing meal were exactly what the body needed during hot weather. Gazpacho, along with its cousins salmorejo and ajoblanco, remains one of Spain's most practical culinary inventions.

As the sun begins to set, another tradition emerges.

Across towns and cities throughout Andalucía, families head outside for the evening paseo. Streets fill with walkers, children play in plazas, and conversations stretch comfortably into the night. The cooler temperatures transform public spaces into extensions of people's homes.

For many Americans, it can be surprising to see entire families strolling through town at 10 p.m. on a weekday. For locals, however, it is simply the best part of the day.

And then there is the language.

Visitors who learned Spanish in school often discover that understanding Andalusian Spanish requires some adjustment. Words seem shorter. Certain letters appear or disappear altogether. Conversations move quickly and often overlap.

The Andalusian accent has long been one of Spain's most distinctive regional accents. Fast, melodic, and highly expressive, it reflects centuries



of cultural influences that have shaped southern Spain.

Like many regional accents around the world, it has occasionally been the subject of stereotypes. Yet Andalucía has produced some of Spain's most celebrated artists, writers and musicians, including Pablo Picasso, Federico García Lorca, and Antonio Banderas.

The accent, much like the region itself, rewards patience. The longer you listen, the more you understand.

Perhaps that's the real lesson of summer in Cádiz.

What initially appears different, like later schedules, afternoon pauses, cold soups, evening strolls, and fast conversations, is not random. These customs evolved in response to the climate and became part of the culture.

Over time, many residents discover that life here isn't moving slower at all.

It's simply moving according to a rhythm that has worked for generations.

And somewhere between your first glass of gazpacho and your growing appreciation for persianas, you may find yourself adapting to that rhythm too.



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FASTEUR Marines compete in FAN PIN

Marines assigned to Fleet Antiterrorism Security Team Company Europe (FASTEUR) competed in the FAN PIN (Fango Isla del Pino) race hosted by the Spanish Marine Infantry Brigade "Tercio de Armada" (TEAR), in San Fernando, Cádiz on May 30.

During the 8 km race, participants took on two water crossings, an obstacle course, and an 1,800 meter mud crossing.

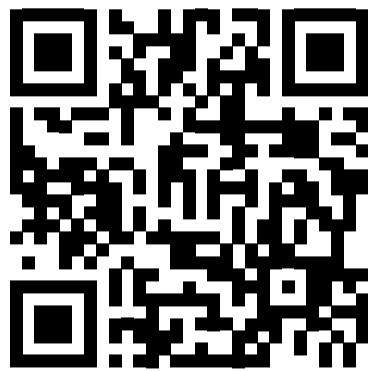


LN Legends: NAVSUP FLCSI Det Rota

Our Naval Supply Systems Command Fleet Logistics Center Sigonella Detachment Rota local nationals work hard to keep the mail flowing for our Rota community!

Learn more about how they support the fleet with this month's LN Legends.

Naval Station Rota is the enduring sum of more than eight thousand people that call it home; the variety of backgrounds, skills, and experiences they possess; and the lines of operation they enable, ensuring U.S. and Allied forces are ready to operate when called upon.



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LS2 Victor Ramirez

Logistics Specialist 2nd Class Victor Ramirez, from Houston, serves as the Custodian of Postal Effects (COPE) at Naval Supply Systems Command (NAVSUP) Fleet Logistics Center Sigonella, Site Lisbon, Portugal.

“As the Custodian of Postal Effects, I oversee postal operations supporting military members, civilian employees, and their families in the Lisbon area,” explained Ramirez. “My responsibilities include receiving, processing, and distributing mail, maintaining postal accountability, coordinating customs documentation, training personnel, and ensuring compliance with USPS and Navy postal regulations.”

Before his current role in Portugal, Ramirez served aboard the USS Bonhomme Richard (LHD 6) in Sasebo, Japan, at Electronic Attack Squadron 133 (VAQ-133) onboard Naval Air Station Whidbey Island, and as a staff member of the Naval Ceremonial Guard in Washington D.C.

“My favorite part of my job is helping Sailors and their families stay connected to loved ones back home,” stated Ramirez. “Mail plays an important role in morale, especially for personnel stationed overseas, and it’s rewarding to know that the work I do directly supports our community every day.”

Alongside his primary duties, Ramirez

assists Sailors by providing them resources to further their education as well as providing healthy lifestyle and fitness mentorship training; He spends a lot of time outside of work doing physical activities, including running, hiking, and weightlifting.

“My favorite thing about being stationed in Portugal is the opportunity to experience a different culture while living in one of the most beautiful countries in Europe,” said Ramirez. “I enjoy the food, the people, the history, and the ability to easily travel throughout Europe. Being close to the ocean is a huge bonus, and you’ll usually find me at the beach whenever I have free time.”

Despite being stationed overseas, Ramirez states that he is family oriented and stays in close contact with his family members back in his home state of Texas. He credits one of his biggest motivators for joining the military as the example his father set for him. Serving in the U.S. Army during Operation Desert Storm, Ramirez’s father helped instill the values of integrity, hard work, and taking care of those around you into his son.

“My advice to other Sailors is to work hard, stay humble, take advantage of the opportunities the Navy provides, and never lose sight of the people who support you from back home.”



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Naval Station Rota observes Memorial Day through solemn ceremony

By Lt. Daniel Ehrlich
Naval Station Rota Public Affairs

Cryptologic Technician (Collection) 2nd Class Aaron Billington. Master Chief Aerographer's Mate William Elmers Jr. Sergeant Donald Tucker. Senior Airman Bryan McDonald. The seven crew members of the EA-3B Skywarrior from Fleet Air Reconnaissance Squadron Two. Every name listed can be found in a quiet part of the base, next to the chapel, on a memorial wall dedicated to the men and women of the U.S. armed forces who lost their lives while wearing the cloth of the nation. Every name was one of us: people who served their country and were stationed at the "The Gateway to the Mediterranean."

The patio adjacent to the memorial played the perfect host for this year's Memorial Day remembrance ceremony

on May 19. As the bees buzzed through the nearby flowers and the leaves of the trees faintly rustled in that wonderfully cool southern Spanish breeze, U.S. and Spanish service members, civilians, and U.S. armed forces retirees joined together to honor America's fallen. The beauty of the day beckoned all walks of life from Naval Station (NAVSTA) Rota to join together in memory.

The ceremony began with the instrumental Spanish "La Marcha Real," followed by the sonorous voice of Hospital Corpsman 3rd Class Aldoria Harper, assigned to Navy Medicine Readiness Training Command (NMRTC) Rota, singing "The Star-Spangled Banner." After the final notes rang off the walls of the library and Fleet and Family Services building, the ceremony continued with the commemoration of the prisoner-of-

war/missing-in-action (POW/MIA) table, the playing of "Amazing Grace" on the bagpipes, and speeches by Retired Activities Officer Patricia Rios and Fire Department Assistant Chief Moises Colon. Each word spoken evoked the importance of Memorial Day in the American lexicon and the significance of annually revisiting the lengths to which many of our fallen heroes have gone to ensure our nation's freedom.

"It is important to recognize Memorial Day each year because it offers us as individuals, and as a nation, an opportunity to pause and remember our fallen patriots," said Rios. "It is also a way to teach the next generation that there is a human cost to freedom and remind them that it has taken many patriots to keep our country going these 250 years."

To round out the event, Master Chief Master-at-Arms Christopher Chappell and Logistics Specialist 2nd Class Hiep Huynh laid a wreath at the memorial featuring a Kevlar helmet, M-4 rifle, and boots in the center of the plaza, another stark reminder of the repercussions of the loss of a shipmate. Amanda Gipson, the installation's Jewish community leader and a retired Navy Career Counselor 1st Class, ended the ceremony by inviting each member of the audience to stack a small rock on the plaza's memorial and sang the "Mourner's Kaddish" prayer, both Jewish traditions to honor the dead.

All the while, those that came before us



and gave their last full measure looked on, and, as the ceremony finished and people started to rise, the first group of service members took up the American and POW/MIA flags and solemnly marched past both memorials toward the gymnasium track to commence the eight-hour Memorial Day remembrance walk, hosted by the USO.

When the flags pass by, one could consider it the changing of the watch. For 250 years, the men and women of our armed forces have stood the watch. All give some. And the ones that watch from that memorial wall? They gave all. What remains the constant is that we all are prepared to fight for our country and remain resolute in defending America's independence and freedom. We have the watch, but they are watching.





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NAVSTA Rota F&ES celebrates EMS Week 2026: "Improving outcomes, together"

By Garrett Robillard
Naval Station Rota Fire & Emergency Services

Naval Station (NAVSTA) Rota Fire & Emergency Services (F&ES) joined Department of War (DoW) emergency responders worldwide to observe Emergency Medical Services (EMS) Week May 17 through May 23, 2026. This year's theme, "Improving outcomes, together" highlights a fundamental shift in modern emergency medicine understanding that life-savingsuccess is not the result of a single individual, but the product of a seamless, integrated chain of survival involving the entire installation community. These successful outcomes are a direct result of our fire department's determination to build and maintain a premier team dedicated to serving our community.

For NAVSTA Rota F&ES, "Improving outcomes, together" is more than a slogan; it is an operational mandate. Over the past twelve months, our department

has worked aggressively to transition our primary scope of service from first aid provider to basic life support. This move has significantly enhanced our response posture by adding a dedicated EMS Quick Response Vehicle staffed by two Firefighter or EMTs for medical emergencies. This transition required intense collaboration between fire, emergency management, security, hospital, installation, regional and Commander, Navy Installations Command (CNIC) leadership.

What does this mean for the community? It translates to faster response times and a higher standard of emergency medical care delivered by our firefighters. This evolution directly impacts survivability and saves lives. We want our community to know that your safety is our first goal we strive to achieve every single day.

During this year's EMS Week, NAVSTA Rota F&ES will deliver a monumental impact within the community. We are proud to recognize members of our fire department and the Naval Hospital who have demonstrated exceptional dedication to the growth of our robust EMS program. You will see your firefighters engaged within the community this week at static displays at the school, talking with our school children about medical emergencies and fire safety. Most importantly, our firefighters will make it fun, give the best high fives, and put a smile on our community kids faces, making it a memorable experience sparking a

potential new interest or creating future first responders.

When asked what "improving outcomes, together" means to them, members of our organization and community echoed a single sentiment: partnership. Here is what was said.

"To me, 'Improving Outcomes, Together' means relying on solid training and open communication so we can be the best EMS providers possible. When we stay on the same page and keep sharpening our skills as a team, we ensure our patients get the highest quality care when they need it most," said firefighter Charlie Rowe

"'Improving Outcomes, Together' is about our EMS team aligning around a common goal to elevate the standard of care. By working alongside each other, we ensure our combined efforts lead directly to the betterment of the community we serve," stated firefighter David Longfellow



"I see 'Improving outcomes, together' as a commitment to our new EMS mission and the health of our community. When we pull together as a team, we ensure that our shared efforts result in safer and better outcomes for everyone we serve," explained Battalion Chief Daniel Porras

As EMS Week 2026 concluded, the message from NAVSTA Rota F&ES remains clear: Excellence in the field is a team sport, and the entire installation is on the roster.



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Spotlighting PWD excellence: Dedication, departures, and new arrivals

By Lt.j.g. James Gourley
Naval Station Rota Public Works Department

The Public Works Department (PWD) serves as the backbone of our installation's infrastructure and operational readiness. This mission is made possible only by the exceptional professionals within its ranks. This month, we take a moment to highlight a significant career milestone,



bid farewell to a key leader, and welcome award-winning talent to the PWD team.

35 Years of Dedicated Service: Sergio Hading Chalamet Garcia

We proudly recognize Sergio Hading Chalamet Garcia for an incredible 35 years of dedicated service to the United States government. Serving as a Facility Management Specialist within PWD, Sergio works diligently to ensure that the tenant commands under his watch are fully supported. His decades of experience, institutional knowledge, and unwavering commitment are vital to maintaining the operational readiness of our supported facilities and ensuring our tenant commands can execute their missions without interruption.

Farewell to Environmental Division Director Ed Zuelke

We also bid a fond farewell to our Environmental Division Director, Ed Zuelke, who is departing after three years of impactful leadership within PWD. During his tenure, Ed oversaw a dedicated team committed to driving environmental sustainability and enforcing best practices across the installation. He expertly guided the department through numerous rigorous environmental inspections, spearheaded compliance initiatives regarding hazardous waste and water quality, and ensured the base met all stringent environmental regulations. His proactive approach to environmental stewardship has left a lasting, positive mark on the installation.



Welcoming Award Winning Talent: Reynaldo "Ivan" Gallegos

Finally, we welcome our new Weight Handling Program Manager, Reynaldo "Ivan" Gallegos, who recently checked on board. Though he is new to our PWD, his standard of excellence precedes him. Our Public Works Officer (PWO) recently had the honor of presenting Ivan with a Supervisor of the Quarter Certificate earned at his previous command,

ensuring his hard work was formally recognized here. Ivan steps into a highly critical safety and operational role, taking responsibility for the installation's Weight Handling Program. This includes overseeing all crane operations, their associated services, and critical safety inspections to ensure our equipment and operators are fully prepared for a major upcoming readiness inspection.

The daily dedication of individuals like Sergio, Ed, and Ivan exemplifies the core values of the Public Works Department and ensures our installation remains ready, resilient, and fully supported.



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NAVSUP FLCSI Det Rota Sailors volunteer at women's shelter

Photos by Logistics Specialist Seaman Liezyl Reyes
NAVSUP Fleet Logistics Center Sigonella,
Site Rota

COMREL events provide Sailors with opportunities to have meaningful engagements with communities they serve and reflect the Navy's core values of honor, courage, and commitment. Through impactful volunteer services, NAVSUP FLCSI Site Rota personnel continue to make a positive impact beyond their operational responsibilities.

Naval Supply Systems Command (NAVSUP) Fleet Logistics Center Sigonella (FLCSI), Site Rota Sailors participated in a community relations (COMREL) event at a local women's shelter on May 29, 2026, demonstrating the Navy's commitment to community service and partnership to allied nations.

During the event, Sailors volunteered their time to assist shelter staff with various projects aimed at supporting the infrastructure and families in need. Their efforts contribute to maintaining a safe, welcoming environment for residents while strengthening the relationship between the command and Rota's local communities.



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Health Promotions - Lifestyle behaviors

By Devin Evans
U.S. Naval Hospital Rota

Most people love a quick fix to problems. We often look forward to a simple solution, especially one with an easy approach. But when it comes to your health, using a dedicated and consistent lifetime formula creates the best results. There are a vast variety of diets that promise dramatic weight loss or exercise programs that get you "in the best shape of your life" in a month or less. Even though these solutions seem enticing, they aren't sustainable.

Healthy lifestyle behaviors are the plan of putting sustainable healthy actions first which last a lifetime. Ultimately, it is using prevention to ensure better health. Warfighters and their families can get started with healthy lifestyle behaviors by reaching out to their local Military Treatment Facility's Health Promotion department.

Chronic health conditions are on the rise and pose a threat to operational readiness. Conditions like obesity and cardiovascular disease are a major concern, but unfortunately most people only seek out medical advice following the onset of symptoms related to these health conditions.

There are six main pillars of lifestyle medicine that help prevent these conditions. They are nutrition, movement, sleep, stress management, avoiding risky substances, and social connection.

Each is important and incorporating a whole body approach that combines all six will create an environment for optimal health and overall, your best operational readiness.

Nutrition: A colorful, balanced eating plan is key. Lifestyle medicine emphasizes fiber filled, nutrient dense and antioxidant rich foods. It also focuses on incorporating fruits, vegetables, whole grains, legumes, nuts and seeds. Minimally processed foods are preferred.

Movement: Routine physical activity and planned exercise are essential components for multiple aspects of health. Intentionally moving more throughout the day helps with overall caloric burning and planned exercise targets specific health goals such as weight loss and strength building.

Sleep: When possible, get 7-9 hours of quality sleep in a 24-hour period. As a Warfighter, sleep is paramount to your operational safety and success. Important hormone regulation, healing and muscle repair happens when you rest. Prioritizing sleep can improve your job performance and overall health.

Stress Management: Taking care of your mind is just as important as taking care of your body. Your brain is the command center, and it needs rest too. Stress reduction techniques, coping mechanisms and healthy communication are all elements of stress management.

See HEALTH Page 31

EARLY DETECTION CAN SAVE LIVES.



Get screened for
COLORECTAL CANCER.



SCREENING CAN PREVENT CANCER OR CATCH IT EARLY WHEN IT'S MOST TREATABLE.

WHAT IS COLORECTAL CANCER?

Colorectal cancer (colon cancer) starts in the colon or rectum. It often starts as small growths called polyps that can be found and removed before they turn into cancer.



1. WHO SHOULD GET SCREENED?

For everyone:

- Start screening at **age 45**
- Repeat screening **every 10 years**
- 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

- Helps prevent cancer by removing polyps
- Detects cancer **early**, when treatment works best



4. HOW TO GET SCREENED

- ✓ **NO REFERRAL NEEDED** from your primary care manager
- ☎ Call **+34 95682-3642** to schedule a **consultation** to **discuss** colon cancer screening options.
- 📍 or visit the **General Surgery Clinic**



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PWOC: building community

By the PWOC Team
NAVSTA Rota Chapel

Protestant Women of the Chapel (PWOC) at Naval Station (NAVSTA) Rota is a vibrant ministry designed to encourage and equip women in their walk of faith while fostering meaningful community. PWOC is open to all women—active duty, spouses, retirees, civilians, and any woman in the community who desires to grow in her faith and connect with others.

At its core, PWOC provides opportunities for Bible study, discipleship, and fellowship in an environment that supports women through every season of life.

We are guided by the Four Aims of PWOC, which define our mission and purpose:

- To Lead women to Christ as personal Savior and Lord.
- To Teach women God's word.
- To Develop in women's spiritual gifts.
- To Involve women in serving the Lord with their talents in the PWOC, chapel community.

Through weekly gatherings, women come together to study God's Word, encourage one another, and build lasting friendships rooted in faith. This season, PWOC offers both Tuesday evening groups on base and a larger weekly gathering on Thursday mornings at the chapel fellowship hall. These gatherings provide a welcoming space to share meals, connect in fellowship, and grow

together spiritually. A key part of this ministry is the availability of childcare, allowing mothers to fully engage in study and community while their children are cared for in a safe and supportive environment.

During our gatherings, women break into smaller groups for intentional Bible studies using professionally developed materials grounded in a strong biblical foundation. This season included studies through books such as Joshua, Seamless, Matchless, Esther, and Ruth, providing both depth and practical application for everyday life.

One of the highlights of PWOC is our retreats, which offer intentional time away for spiritual renewal and deeper connection. This past spring, women gathered for a retreat at El Duque, where we experienced a beautiful setting, meaningful teaching from special guest speakers, and rich fellowship. With childcare provided and discounted accommodations available, women were able to step away from daily responsibilities and fully engage. It was a powerful time of encouragement, spiritual growth, and genuine connection that left a lasting impact.

PWOC also provides opportunities for women to serve and lead within the ministry. Through the Executive Board and supporting leadership roles, women

See **CHAPEL** Page 31

MAMMOGRAPHY SERVICES

Don't delay your mammogram.
Early detection saves lives.



Patients who need mammography services will be assisted with referrals to trusted host nation hospitals within the local community to ensure uninterrupted access to care.



Who Should Get Screened:

Age 40+

Annual mammograms are recommended for women starting at age 40.

High-Risk Individuals

Consult with your provider about earlier and more frequent screenings.

How do I obtain a referral?

- To request a referral, please call the MHP clinic to have an in-between encounter message submitted to the medical team. Our team will contact you regarding next steps.

COMM: +34 956-82-3459 / 3606
DSN: 727-3459 / 3606

- You may also send a message to your healthcare team through the MHS GENESIS Patient Portal

<https://my.mhsgenesis.health.mil/>

Share your thoughts or concerns with our Patient Advocate Team via email:

dha.ncr.Rota-NH.list.nmrhc-rotahospital-pt-advocate-owners@health.mil



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HEALTH continued from Page 29

Find what works for you and make it a practice to reduce and manage your stress regularly.

Avoiding Risky Substances: Risky substances are anything that can cause harm through toxicity, addiction, physical damage or adverse effects. Substances such as tobacco, nicotine products and alcohol top the list. Any substance that limits optimal health and operational readiness should be closely monitored and qualified medical help should be contacted if you are concerned about dependency or addiction.

Social Connectedness: Forming and maintaining positive social connections is an important part of holistic health. These connections bring meaning and purpose to life. Your social circle is also a great support system as you navigate the unique experience of being a warfighter.

Find time to take a self-inventory of your overall health and readiness. Are you incorporating the six pillars for a healthy lifestyle? If not, it is never to late to start. It's your health, take charge of it and live your best and healthiest life.

CHAPEL Continued from Page 30

can contribute their gifts in areas such as spiritual life, financial liaison, coordination of studies and events, outreach, in-reach, hospitality, and administration. These positions are prayerfully selected and work together to guide the ministry, supported by the chapel for the chapel community, and ensure PWOC remains aligned with its mission and spiritual direction. Serving in PWOC leadership is both a privilege and an opportunity for personal growth, teamwork, and meaningful impact within the community.

PWOC is more than a weekly meeting—it is a place to belong. Whether you are new to the area or have been part of the community for years, you are invited to join us as we grow together in faith of our Lord Jesus and fellowship.

Connect With Us

For more information about meeting times and upcoming events, please connect with the chapel or reach out to the PWOC leadership team at pwocrotaspain@gmail.com.

With heart for the Lord and the Community,

PWOC Leadership Team

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*TRICARE Prime ADSM requires a referral from PCM for routine mental health care.

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By Pilar Ruiz

Andalusian Potato Salad with Mackerel (Papas Aliñas con Caballa)



Summer is almost here, and we want to share with you a fresh and simple potato salad from Cádiz, in southern Spain. This traditional summer dish is made with tender potatoes, olive oil, fresh vegetables and a light sherry vinegar dressing. It's perfect for hot days, beach lunches or as a side dish for grilled fish.

Ingredients

- 2.2 lbs small potatoes
- 1 spring onion or small sweet onion, finely chopped
- 1 large tomato, chopped
- 1 green pepper, chopped
- 2 cans of mackerel fillets in olive oil

For the dressing

- Extra virgin olive oil
- Sherry vinegar
- Salt

bowl.

Add the chopped onion, tomato and green pepper.

In a small jar, combine olive oil, sherry vinegar and salt. Shake well and pour over the salad.

Toss gently so the potatoes absorb the dressing.

Top with the mackerel fillets and serve warm or chilled.

You can find more of our recipes in English in the digital archive of the Coastline and also on our website: <https://aprendiendoacocinar.es/recipes.php>

Happy June, and enjoy this fresh taste of Andalusia!

Wash the potatoes and boil them whole, with the skin on, in salted water for about 20–25 minutes, or until tender.

Drain the potatoes and peel them while still warm. Cut them into bite-sized pieces and place them in a large

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