

the LEGACY

Landstuhl Regional Medical Center

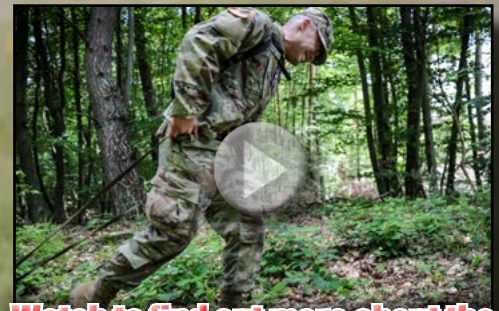
August 2021

Vol. 3, No. 3

LRMC holds

Best Warrior

Competition



Watch to find out more about the competitors and competition:

INSIDE: BAHC pharmacy tech finds fulfillment with service

DFAC Soldier, Army Women's Rugby team wins gold

Events and Training Calendar

- Aug 4: LRMCA Annual Training (Heaton)
- Aug 5: Hospital Newcomers Orientation (Heaton)
- Aug 6: Commander's Awards Ceremony (Heaton)
- Aug 11: TeamSTEPPS (Heaton)
- Aug 11: Medical Trauma Team Training (LRC)
- Aug 18: LRMCA COVAX Team appreciation (Heaton)
- Aug 18: LRMCA Annual Training (Heaton)
- Aug 19: Hospital Newcomers Orientation (Heaton)
- Aug 19-25: Executive Onboarding and Leadership Course (Heaton)
- Aug 26: Women's Equality Day observance (Heaton)
- Aug 27: LRMCA Safety Stand down
- Aug 30-31: VH Presenter Course (Heaton)

Don't Delay – Update DEERS Today!

Update DEERS right away anytime you move, change contact information, or have a Qualifying Life Event (QLE).

QLEs may include retirement or separation, activation or deactivation, a new birth or adoption, or the death of a sponsor or family member.

<http://www.TRICARE.mil/DEERS>



GET AFTER THE SHOT!

Col. Andrew L. Landers
Commander
Landstuhl Regional Medical Center



Welcome to the first all-digital issue of The Legacy. Thank you for reading and thank you for all you're doing to support our Joint Warfighters, their families and all of our beneficiaries. I hope you'll take the opportunity to dive deeper into some of the stories we've covered for you this month. You can click on photos and videos and access even more content. This publication is for you, about you, and we want you to enjoy it. If you have a feature story idea, please reach out to Public Affairs at usarmy.lrmc.pao@mail.mil.

Several observances take place in August. We'll be celebrating Women's Equality Day on Aug. 26 here at the main campus in our Heaton Auditorium. This date honors the anniversary of the 19th Amendment to our Constitution, giving women the right to vote. It's amazing to think how far we've come to now having women serving side-by-side in combat roles. Please make plans to celebrate this day with us.

August is also Immunization Awareness Month. Many of you have received a COVID-19 vaccination, and while it is still voluntary, I do want to encourage you to ask questions and get factual answers if you are still on the fence about getting the vaccine. This pandemic is not going away anytime soon, but as a medical professional, I do believe we can make progress by getting more people vaccinated.

And once again, let's take a minute to talk DUIs. Did you know that if you use a motorized scooter after drinking, you still run the risk of receiving a DUI? Please, just don't drink and operate any type of vehicle. Call a friend or call Armed Forces Against Drunk Driving for an anonymous pick-up and drop-off, and get home safely. AADD is available Fridays and Saturdays between 2200-0600 and can be reached at +49 15251723356. They are also looking for volunteer drivers. Please contact SPC Gopal Krishna Kumar or CPL Dante Aceves, who serve as the Army AADD liaisons.

Finally, congratulations to our very own 1LT Paige Runco and SSG James Gabisum, who represented us well at the recent Army Medicine Best Leader Competition. SSG Gabisum was selected as U.S. Army Medical Command's NCO of the Year and will go on to represent Army Medicine during the U.S. Army Best Warrior Competition this Fall. The LRMCA family will be rallying behind SSG Gabisum throughout the competition and we know he will excel and exemplify our "Selfless Service" motto. To see what the competitors had to endure, please [click here](#) to read and watch stories about the competition.

Thanks again for all you do to support our mission of providing safe, quality healthcare!

the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER
August 2021 • Vol. 3, No. 3

Commander: Col. Andrew L. Landers
Command Sgt. Maj. Fergus Joseph
Public Affairs Chief: Kristen Schabert
Public affairs specialist / Editor: Marcy Sanchez

The Legacy is published monthly by the Landstuhl Regional Medical Center Public Affairs Office under the authority of AR 360-1 to provide the staff and families of LRMCA with information on people, policies, operations, technical developments, trends and ideas of and about the U.S. Army Medical Command and LRMCA. The views and opinions expressed are not necessarily those of the Department of Defense or the U.S. Army Medical Command. Direct communication is authorized to Public Affairs, The Legacy, Unit 33100 Attn: PAO, APO AE 09180-3100. Phone: DSN 314-590-8144 or commercial from the United States 011-49-6371-9464-8144. Or send an email to usarmy.lrmc.pao@mail.mil. Unless otherwise indicated (and except for "by permission" and copyright items), material may be reprinted provided credit is given to The Legacy and the author. All photographs by U.S. Army except as otherwise credited. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Government, Department of Defense, Department of the Army or Landstuhl Regional Medical Center.

For more information, visit us at <https://Landstuhl.TRICARE.mil>

Connect with us

-  @LRMCOfficialpage
-  @LRMC_Landstuhl

LRMC Soldier braves the unfamiliar, excels with Army team

By Marcy Sanchez

Public Affairs Specialist

Landstuhl Regional Medical Center

LANDSTUHL, Germany - Growing up in a small town, MaryCatherine Innace's sports experience was limited to what her high school had to offer. Still, she enjoyed being active and was eager to try new activities when the opportunity arose, including weightlifting, powerlifting, and track and field throughout high school.

While in college, a random social media message allowed Innace to tackle a new sport she still adores.

"I went from a really small high school to a huge university so I had absolutely no idea what rugby was," said the Eatontown, New Jersey native. "I showed up to a practice and immediately just felt at home. (The team) was really accepting,



"I want to work with Soldier-athletes. I want to help design programs to help Soldiers think of themselves as athletes, regardless if they participate in sports or not."

kept me involved and four years later, I was looking for my next team."

Following graduation, the Rutgers University alumna searched for new ventures and enlisted in the Army. Now a nutrition care specialist with the rank of sergeant assigned to Landstuhl Regional Medical Center in Germany, Innace is making new headlines with the sport she so adored in college.

"By my second weekend (in Germany), I was playing with (a local rugby team) in a tournament and eventually coached the team," recalls Innace. "Now I get to play at a new level."

In June, Innace was selected as a team member for the All-Army Women's Rugby Team. The team was tested against teams from the Navy, Marine Corps, Air Force (with Space Force personnel) and Coast Guard during the second-ever Armed Forces Women's Rugby Championship, and went undefeated, winning top honors at the championship.



Watch U.S. Army Sgt. MaryCatherine Innace explain why Soldiers are athletes

Although Innace's contributions on the field are obvious, her goals go beyond the goal line with hopes to directly impact Soldiers across the Army.

"Fitness has pretty much always been in my life. I've played sports since I was little," said Innace. "Learning what I could do with my body, in terms of strength training, just made me realize the term 'athlete' means so much more than just somebody who plays for the NBA, the WNBA, professional football, etc. It can be anyone who's training for something."

Armed with her bachelor's degree in exercise science and her lifelong experience in fitness, Innace has her eyes set on earning a master's degree in public health through the Army's Green to Gold Scholarship.

Following school, she will commission as an Army officer and hopes to help Soldiers reach their full potential through the Army's Holistic Health and Fitness System, a program which aims to empower and equip Soldiers to take charge of their health, fitness, and well-being in order to optimize individual performance, while preventing injury and disease.

"I want to work with Soldier-athletes. I want to help design programs to help Soldiers think of themselves as athletes, regardless if they participate in sports or not," explains Innace. "(Service Members) are in the military, (they) are athletes. (I want to teach them) how to live as one."

Additionally, Innace believes an athlete's mindset is just as critical to their performance, a notion tested last year when COVID-19 shut down most sporting events and training activities across the world.



"I've been able to keep myself busy, keep myself active, keep working out, being in the military has helped out with that. You are constantly training," said Innace. "I always want to have a goal and be in that mindset, it's helped me a lot. That's what mission readiness is about, regardless if you know you have a mission coming up or not. (Soldiers) are always preparing for what could happen. If you take that mindset to a team sport atmosphere, you're combining training with other people and you're having fun doing it."



LRMC SOLDIERS VIE TO EARN "BEST WARRIOR" TITLE

By Marcy Sanchez
Public Affairs Specialist
Landstuhl Regional Medical Center

LANDSTUHL, Germany - Soldiers from across Europe competed to earn the title of Best Warrior during Landstuhl Regional Medical Center's Best Warrior Competition, July 7-8.

The competition challenged Soldiers from across Germany, Belgium and Italy, physically, emotionally and spiritually as they were tested on various tasks and skills including Army Warrior Tasks, medical knowledge and prolonged field care, stress shoot, military Drill and ceremony, ruck marches, Land navigation, combat lifesaving under pressure, combat water survival, and written and oral examinations.

Winning the title of Best Warrior for the Soldier category was U.S. Army Spc. Jesse Arellano, patient administration specialist, Patient Administration Division, U.S. Army Health Clinic Baumholder. U.S. Army Sgt. Colten Herrera, healthcare specialist, Primary Care Clinic, U.S. Army Health Clinic Wiesbaden, was the winner in the noncommissioned officer category.

"Being physically fit and mentally ready is our whole focus as Soldiers. It is our job to be ready for wherever the next global conflict might be," said Herrera.

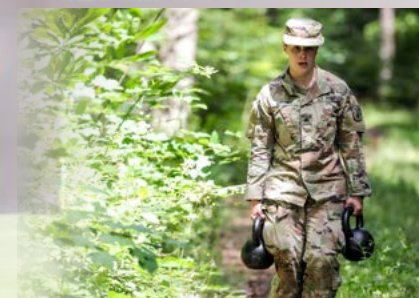
Herrera, a native of Albuquerque, New Mexico, says he was volunteered by his unit to participate. Reflecting on the competition, Herrera states he encourages all Soldiers to participate in the competition for the challenge and experience.

"I bonded with other competitors, we became a very tight-knit family in the course of a couple days," explains Herrera.

"(Top medical leaders) in the Army have said, 'Army Medicine is Army Strong,' it's not just a saying, it's a culture and a mindset that permeates from the three-star general down to the private," said U.S. Army Command Sgt. Maj. Fergus Joseph, command sergeant major, LRMC. "What I saw over the past few days was Soldiers whose limits were tested, who didn't know how much gas they had in their tanks."

Best warrior competitions are held annually at many units across the Army, with top finalists pitted against one another at the U.S. Army level. According to the Army, the Best Warrior Competition recognizes Soldiers who demonstrate commitment to the Army values, embody the Warrior Ethos and represent the force of the future.

"It was a good test of our intestinal fortitude and general Soldier skills," explains U.S. Army Sgt. Megan Hataway, an



U.S. Army Sgt. Megan Hataway, orthopedic specialist, U.S. Army Health Clinic Vicenza, performs a kettlebell carry during the medical evacuation even of Landstuhl Regional Medical Center's Best Warrior Competition, July 7.

orthopedic specialist and noncommissioned officer in charge, Orthopedics and Dermatology Clinic, U.S. Army Health Clinic Vicenza. "This competition showed me some areas of strengths and weaknesses I didn't realize I had. Definitely got in a good workout."

Hataway, the only female Soldier in the

petition, states competitions like this are a reminder of what the Army asks for from all Soldiers, not just males.

"For me, we all wear green and bleed red. It is important for ladies in the Army to recognize that we need to be training to be just as physically and mentally tough as the men," said Hataway, a native of Severn, Maryland. "I think it is very important for more women to compete and challenge themselves in competitions like this. Women bring different mindsets

and thought processes to the military which is great; it ultimately makes us a more lethal force."

Although she didn't walk away with top honors, Hataway was influenced by the experience and plans to take on other physically challenging opportunities throughout her military career.

"What impressed me the most during the competition was, despite this being a competition, when you were out there in the thick in the battle, in the heat of the event, you still cheered on your competitor, your teammates," said U.S. Army Col. Andrew Landers, commander, LRMC. "That's what it means to be a Soldier; (not only do) we want to be the best we can be, we want our teammates to be the best they can be."

As competitors pushed, pulled and climbed to their next task, the competition, unknowingly to them, aimed to reinforce the importance of overall readiness.

"We push ourselves and we push those to our left and our right," said Landers, discussing the Army's Warrior ethos. "That's what drives us as Soldiers, as Warriors, we all have a mission and we have to succeed."

The winners will go on to compete at the Regional Health Command Europe Best Warrior Competition later this year.



U.S. Army Spc. Phillip Xu, pharmacy technician, Landstuhl Regional Medical Center, performs a burpee with full combat gear during the stress shoot portion of Landstuhl Regional Medical Center's Best Warrior Competition, July 7.



Watch the presentation of LRMC's 2021 Best Warrior NCO and Soldier



A Soldier engages a target during the stress shoot event of Landstuhl Regional Medical Center's Best Warrior Competition, July 7.

Wisconsin Army reserve unit aids vaccination efforts overseas

By Marcy Sanchez

Public Affairs Specialist

Landstuhl Regional Medical Center

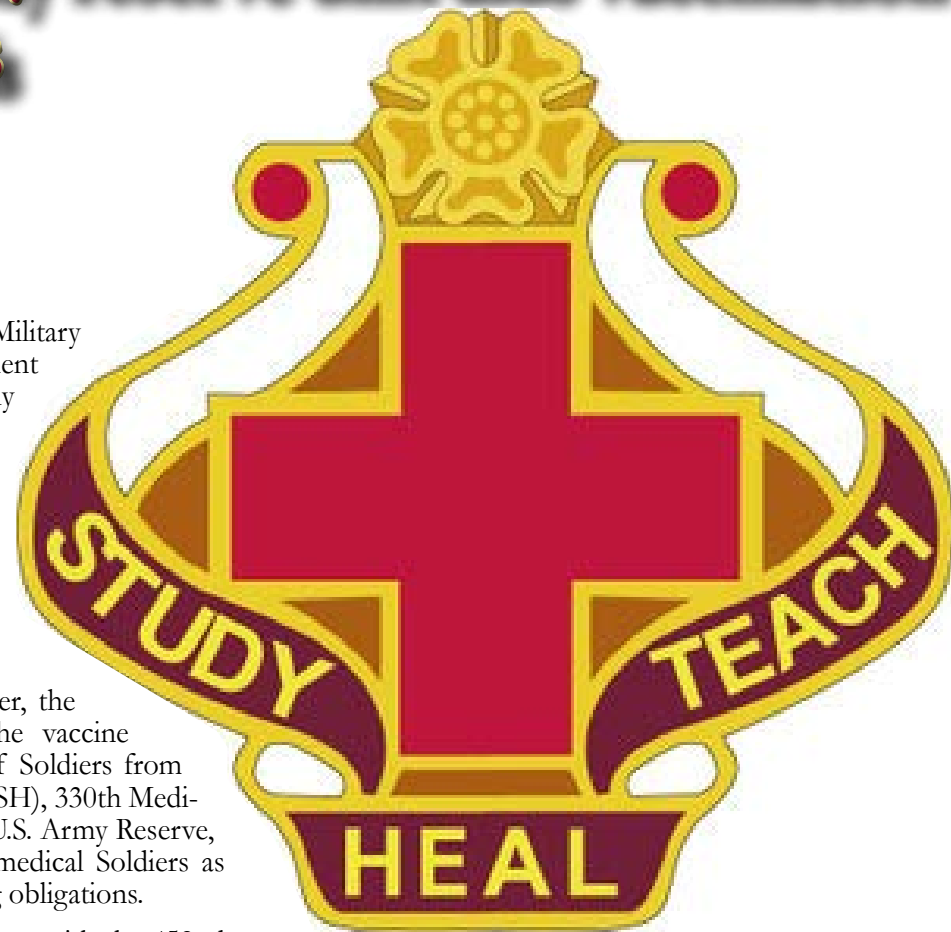
LANDSTUHL, Germany – In April, Military Treatment Facilities across the Department of Defense ramped up efforts to quickly inoculate as many eligible beneficiaries as possible who desired the COVID-19 vaccination. Overseas, the challenges of a contrasting health care system and limited resources drove Americans to MTFs, challenging the facilities to juggle everyday operations with the need for vaccinations.

At Landstuhl Regional Medical Center, the hospital avoided bottlenecks when the vaccine became widely available with the aid of Soldiers from the 452nd Combat Support Hospital (CSH), 330th Medical Brigade, 807th Medical Command, U.S. Army Reserve, who augmented the hospital with 45 medical Soldiers as part of the reserve unit's annual training obligations.

Throughout the month of May, Soldiers with the 452nd CSH amplified COVID-19 vaccine efforts around the Kaiserslautern Military Community, a community of nearly 60,000 Americans in and around Kaiserslautern, Germany, even assisting with youth COVID-19 inoculations once the Pfizer-BioNTech COVID-19 vaccine was made available, the only vaccine currently authorized for ages 12 and up. Although, initially aiming to assist with inoculations and



Soldiers with the 452nd Combat Support Hospital (CSH), 330th Medical Brigade, 807th Medical Command, U.S. Army Reserve, participate in a mass casualty exercise at Landstuhl Regional Medical Center, June 3. The 452nd CSH was deployed to LRMC in support of COVID-19 vaccination efforts while augmenting the hospital in various areas over the month of May. (Courtesy Photo)



return home, Soldiers returned to their home base of Milwaukee with a greater-than-expected experience.

“From vaccinations to surgeries, we were coming to help with the vaccinations but ended up helping in different areas,” explains U.S. Army Sgt. 1st Class Eldon Johnson, noncommissioned officer in charge, 452nd CSH.

In addition to nearly 2,000 vaccinations, the unit helped with dozens of surgical procedures, behavioral health operations, the hospital's intensive care unit, pharmacy services, over a dozen couplets (mother-baby inpatients), and even participated in a hospital-wide mass casualty exercise.

Although the majority of the unit's Soldiers come from all over Wisconsin and Minnesota, for this mission, the unit was augmented by Soldiers from across the country, from North Carolina to Utah.

While frontline workers at U.S. medical facilities are faced with anxiety, stress and burnout syndrome due to the effects of COVID-19 in their communities, exhaustion was also a concern for essential personnel overseas. Because most Soldiers of the 452nd FH work in civilian healthcare facilities when out of uniform, their presence was hailed at

LRMC.

“We felt needed,” explains Johnson. “It was a joy for us to help out, for us to contribute, and get more people vaccinated.”

While the unit's contributions were obvious throughout their deployment, Soldiers with the 452nd CSH also benefited from working at the largest U.S. hospital outside the U.S. which serves more than 205,000 beneficiaries from across three continents. While patient care may be normal for these Soldiers outside of uniform in civilian healthcare facilities, there was more to take away from this training opportunity.

“We got to see how an active duty (Military Treatment Facility) functions,” explains U.S. Army Col. Ines Berger, commander, 452nd CSH. “To function and walk into (LRMC) and integrate, that's the learning piece and is highly valuable to (reserve-component Soldiers).”

“Most of our Soldiers don't perform vaccinations back home because most are trauma nurses and in other specialties,” explains Johnson, a Milwaukee native. “We hit the ground running and proved the conception that we can bring resources and integrate on short notice, which was part of the mission.”

Aside from supporting LRMC operations, the deployment also tested the unit's capability to deploy on short notice and interoperability, a key component of the U.S. Army's Defender-Europe 21 exercise, a large-scale U.S. Army-led, multinational, joint exercise designed to build readiness and coordination between U.S., NATO and partner militaries.

According to Berger, a native of Greensboro, Georgia, working at LRMC also gave the Soldiers insight into upper echelons of military medical care, as most Soldiers in the unit have deployed in the role two, battalion aid stations, role two plus, forward surgical teams, or the role three, CSH,

levels of care, who work to evacuate casualties to higher echelons of care, namely LRMC.

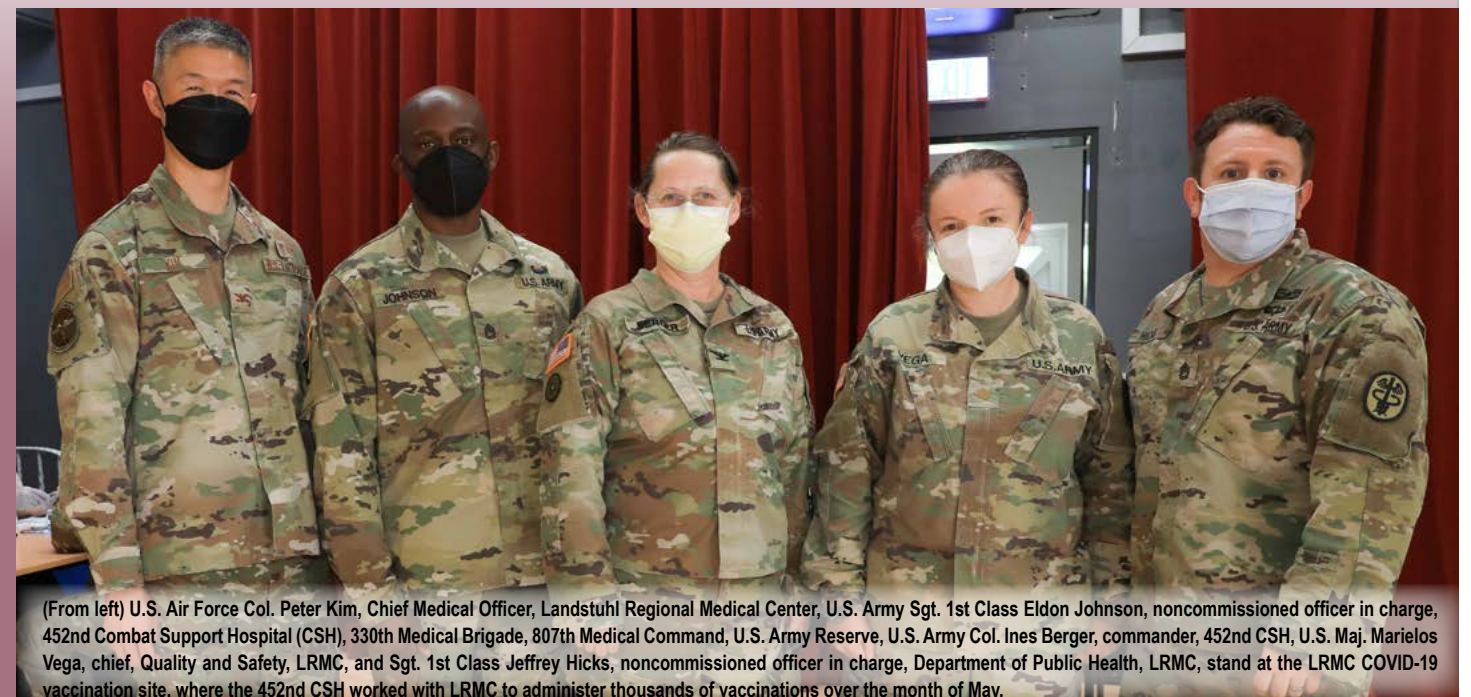
“We are the people sending patients to LRMC,” said Berger. “To see the Military Health System in action is a very broadening experience for the Soldiers. I remember we were deployed to Kuwait (in 2018-2019) and we medevaced Soldiers while out there. Now we know where they landed and how (LRMC) responds.”

Furthermore, units from the 452nd CSH have an interdependent relationship with LRMC through deployments spanning over two decades during the wars in Iraq and Afghanistan.

“It's a phenomenal experience to see it firsthand. I'm very impressed the capabilities of (LRMC) to scale up and to down according to mission needs,” she adds.

For Berger, the deployment was a homecoming to her native country as she was born in Wolfsburg, Germany and received her Doctor of Medicine and Philosophy in the country before moving to the U.S. for a residency opportunity at the Mayo Clinic. After meeting her future husband during her residency program, Berger felt she needed to give back to the country for the opportunities she received.

“I joined the Army Reserves because the opportunities I had, moving to the U.S., the wonderful education I received, that I needed to give back to my country,” said Berger. “(Coming back to Germany) was an outstanding opportunity because I do have an unrestricted German license, and (COVID-19 vaccinations) for local nationals needed a German physician to sign the consent form.”



(From left) U.S. Air Force Col. Peter Kim, Chief Medical Officer, Landstuhl Regional Medical Center, U.S. Army Sgt. 1st Class Eldon Johnson, noncommissioned officer in charge, 452nd Combat Support Hospital (CSH), 330th Medical Brigade, 807th Medical Command, U.S. Army Reserve, U.S. Army Col. Ines Berger, commander, 452nd CSH, U.S. Maj. Marielos Vega, chief, Quality and Safety, LRMC, and Sgt. 1st Class Jeffrey Hicks, noncommissioned officer in charge, Department of Public Health, LRMC, stand at the LRMC COVID-19 vaccination site, where the 452nd CSH worked with LRMC to administer thousands of vaccinations over the month of May.

Patient Caring Touch System Professionalism

the skill, good judgment, and polite behavior that is expected from a person who is trained to do a job well



Why is Professionalism Important? Your core values define and dictate your personal behaviors. Your **professionalism** is judged by your personal behaviors and how you present yourself to those around you. Components of your **professionalism** include your attitude, your appearance, and your willingness to help others. Through your behaviors, you tell the world who you are. To survive in healthcare we all need to pull together as **professionals** and work together at the bedside as team players willing to support each other. **Professionalism** is the key to any job, but perhaps more so when it comes to the military. The nature of war itself requires that those who do the fighting do so with extreme levels of discipline, commitment, and skill. Such things are the essence of military **professionalism**.

Georgia native, pharmacy tech finds fulfillment serving overseas

By Marcy Sanchez
Public Affairs Specialist
Landstuhl Regional Medical Center



U.S. Army Sgt. Walter Howard II, noncommissioned officer in charge, Pharmacy Department, U.S. Army Health Clinic Baumholder, provides assistance to a junior Soldier at the USAHC Baumholder Pharmacy, May 26.

BAUMHOLDER, Germany – Seven years ago, Walter Howard II worked a comfortable state government job in South Carolina before realizing he wanted to help others in a different way.

For Howard, that way was the U.S. Army.

“I joined a little later. I’ve always wanted and was willing to help people, and I wanted to challenge myself,” explains Howard, 38, now a sergeant who serves as the noncommissioned officer in charge of the Pharmacy Department at U.S. Army Health Clinic Baumholder in Germany. “Prior to joining the military, I wasn’t feeling fulfilled. I wanted to do something ful-

filling, at the same time helpful for my country, community and for myself.”

A Clemson University alumnus, Howard originally strived to put his business marketing degree to use through a position in military logistics, but the Army had other needs, assigning him the Military Occupational Specialty of 68Q, pharmacy technician.

“I’m very happy about that (MOS) decision,” said Howard, a Decatur, Georgia, native. “We are the last (department) people see, and it is our job to educate individuals on their medications. It feels great just to be able to talk to them and educate them on what

they’re taking so that way they’ll feel more comfortable.”

Howard, a father of four, believes his interactions with patients can have a lasting impact on them, particularly those with families who may not feel well.

In addition to finding purpose and a fulfilling career in the Army, Howard also joins the family lineage serving in the Armed Forces.

“My father served during the 60s, I had an uncle who was a Marine and another who retired as a first sergeant in the Air Force,” shares Howard. “We have a very strong, proud, tradition serving our country and I definitely wanted to continue that tradition.”

Although Howard only has a few months with the USAHC Baumholder team, his contributions have made an impact in his section and beyond, including recently being part of the cadre for Landstuhl Regional Medical Center’s (USAHC Baumholder’s higher headquarters) Best Warrior Competition.

“(Howard just joined the unit) a few months ago, so I’ve only known him for a short period of time but his time here has been really positive,” explains U.S. Army Maj. Anthony Nguyen, chief, Department of Pharmacy, USAHC Baumholder, and Howard’s supervisor. “He’s coming here with a lot of energy, willing to learn and always on top of things. He’s been a great addition to the team.”

As the NCOIC, Howard is also responsible for training and welfare of Soldiers under his charge. According to Howard, this can include preparing Soldiers to become NCOs or help them achieve other goals such as education or commission as military officers.

“The Army is doing great things for our Soldiers, families and our country,” said Howard. “NCOs are the backbone of the Army. We are still here and in the fight.”

U.S. Army Health Clinic Baumholder provides ambulatory care for Soldiers, their families, and others, and offers acute and chronic care of pediatric and adult patients, physical examinations, health-related career screening and immunizations, non-operative gynecological diagnosis and treatment, minor surgical procedures and surgical follow-up and newborn care. Baumholder Army Health Clinic also provides specialty care services to include behavioral medicine, pharmacy, optometry, radiology and physical therapy.

“The Army is doing great things for our Soldiers, families and our country. NCOs are the backbone of the Army. We are still here and in the fight.”



U.S. Army Sgt. Walter Howard II, noncommissioned officer in charge, Pharmacy Department, U.S. Army Health Clinic Baumholder, restocks medications during normal operations at the USAHC Baumholder Pharmacy, May 26.

Hill Top Cafe / Warrior Restaurant

August Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH Yankee Pot Roast Honey Glazed Ham	LUNCH Beef Bulgogi Sweet & Sour Chicken Vegetarian Pancit Bihon SOUP: Red Tahí Curry	LUNCH Kalua Pig & Cabbage Caribbean Jerk Chicken Spinach Lasagna SOUP: Hearty Tomato	LUNCH Baja Bake Cod Carne Asada Vegetarian Paella SOUP: Tortilla	LUNCH Shrimp Scampi Parmesan Chicken Breast Pasta Primavera SOUP: Spicy Black Bean	LUNCH Baked Salmon Honey Ginger Chicken SOUP: Baked Potato	LUNCH Salisbury Steak Caribbean Black Beans
DINNER 1 BBQ Beef Cubes	DINNER 2 Honey Chipotle Chicken	DINNER 3 Creole Chicken	DINNER 4 Beef Lasagne	DINNER 5 Spicy Turkey Meatloaf	DINNER 6 Turkey A la King	DINNER 7 Stuffed Bell Peppers
LUNCH Roast Turkey Battered Pollock	LUNCH Almond Crusted Cod Beef Pot Roast Veggie Lasagna SOUP Chicken Noodle	LUNCH Pulled Pork Rosemary Chicken Zucchini Pancakes SOUP Corn Bisque	LUNCH Pineapple Pork Chop 5 Spice Chicken Indian Korma SOUP Tortilla	LUNCH Greek Lemon Chicken Beef Stifado Squash Caserole SOUP Loaded Baked Potato	LUNCH Chicken Lasagne Spicy Baked Fish Lentil Chili SOUP Cream of Zucchini	LUNCH Beef Yakisoba Oven Roasted fish and Vegetables.
DINNER 8 Beef Meatloaf	DINNER 9 Rosemary Chicken	DINNER 10 Chicken + Rice Casserole	DINNER 11 Beef Chilli Mac	DINNER 12 Chicken Tetrizzini	DINNER 13 Pepper Steak	DINNER 14 Chicken Pot Pie
LUNCH Yankee Pot Roast Honey Glazed Ham	LUNCH Beef Bulgogi Sweet & Sour Chicken Vegetarian Pancit Bihon SOUP: Red Tahí Curry	LUNCH Kalua Pig & Cabbage Caribbean Jerk Chicken Spinach Lasagna SOUP: Hearty Tomato	LUNCH Baja Bake Cod Carne Asada Vegetarian Paella SOUP: Tortilla	LUNCH Shrimp Scampi Parmesan Chicken Breast Pasta Primavera SOUP: Spicy Black Bean	LUNCH Baked Salmon Honey Ginger Chicken SOUP: Baked Potato	LUNCH Salisbury Steak Caribbean Black Beans
DINNER 15 BBQ Beef Cubes	DINNER 16 Honey Chipotle Chicken	DINNER 17 Creole Chicken	DINNER 18 Beef Lasagne	DINNER 19 Spicy Turkey Meatloaf	DINNER 20 Turkey A la King	DINNER 21 Stuffed Bell Peppers
LUNCH Roast Turkey Battered Pollock	LUNCH Almond Crusted Cod Beef Pot Roast Veggie Lasagna SOUP Chicken Noodle	LUNCH Pulled Pork Rosemary Chicken Zucchini Pancakes SOUP Corn Bisque	LUNCH Pineapple Pork Chop 5 Spice Chicken Indian Korma SOUP Tortilla	LUNCH Greek Lemon Chicken Beef Stifado Squash Caserole SOUP Loaded Baked Potato	LUNCH Chicken Lasagne Spicy Baked Fish Lentil Chili SOUP Cream of Zucchini	LUNCH Beef Yakisoba Oven Roasted fish and Vegetables.
DINNER 22 Beef Meatloaf	DINNER 23 Rosemary Chicken	DINNER 24 Chicken + Rice Casserole	DINNER 25 Beef Chilli Mac	DINNER 26 Chicken Tetrizzini	DINNER 27 Pepper Steak	DINNER 28 Chicken Pot Pie
LUNCH Yankee Pot Roast Honey Glazed Ham	LUNCH Beef Bulgogi Sweet & Sour Chicken Vegetarian Pancit Bihon SOUP: Red Tahí Curry	LUNCH Kalua Pig & Cabbage Caribbean Jerk Chicken Spinach Lasagna SOUP: Hearty Tomato				
DINNER 29 BBQ Beef Cubes	DINNER 30 Honey Chipotle Chicken	DINNER 31 Creole Chicken				

The Hill Top Cafe offers two to three entree options for our guests, as well as starchy and non-starchy sides.
Short Order menu: hamburgers, cheeseburgers, black bean burgers, grilled chicken breast, french fries and sweet potato fries.
Daily Breakfast Bars: MWF: Omelet/Egg Bar T & Th: Pancakes/French toast
Weekdays: Breakfast: 6 - 8:30 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4:30 - 6 p.m.
Weekends and Holidays: Breakfast: 7 - 9 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4 - 6 p.m.
 **Menu is subject to change.

the spotlight

ONE TEAM. ONE PURPOSE. Selfless Service.



Dr. George Smolinski, medical director, Traumatic Brain Injury Program, Landstuhl Regional Medical Center, and U.S. Army Reserve lieutenant colonel, is inducted into the Order of Military Medical Merit (O2M3) during the Commander's Award Ceremony, July 12. The Order of Military Medical Merit is a unique organization which serves to recognize excellence and promote fellowship and esprit de corps among Army Medical Department (AMEDD) personnel. Click the picture for more.



U.S. Army 1st Sgt. Alice DuronJensen, first sergeant, "A" Company, Troop Command, salutes company commander, U.S. Army Capt. Collin Welch, during a change of responsibility ceremony where Sgt. 1st Class Joseph Coffey relinquished responsibility as the company first sergeant to DuronJensen, July 21. Click the picture for more.



Team Regional Health Command Europe for the 2021 U.S. Army Medical Command Best Leader Competition includes Landstuhl Regional Medical Center's own U.S. Army 1st Lt. Paige A. Runco (far left) and U.S. Army Staff Sgt. James Gabisum (second from right). The MEDCOM Best Leader Competition is taking place July 25-30, 2021, at Schofield Barracks, where Soldiers are enduring arduous combat-focused events such as obstacle courses, night land navigation, simulated combat medical care, and weapons fire under stress. Winners will move forward to the Army's Best Warrior Competition in the fall to compete to be the Army's 2021 Soldier or NCO of the Year. (U.S. Army photo by Otis Toussaint) Click the picture for more.