

# THE LEGACY

Landstuhl Regional Medical Center

December 2021

Vol. 3, No. 7

*Happy Holidays LRMC*



**INSIDE:**

Command Team Holiday  
Message, pg. 3

Mohs introduced at  
LRMC, pg. 6

# Events and Training Calendar

- Dec. 1: LRMC Annual Training (Heaton)
- Dec. 2: Hospital Newcomers Orientation
- Dec. 2: Monthly Awards Ceremony, noon, LRMC Fitness Center
- Dec. 3: Holiday Fun Run
- Dec. 3: Holiday Tree Lighting Ceremony, 3 p.m., Fisher House
- Dec. 8: TeamSteps
- Dec. 8: Medical Trauma Team Training
- Dec. 15: LRMC Annual Training
- Dec. 16: Hospital Newcomers Orientation
- Dec. 17: Ugly Sweater Contest
- Dec. 25: Christmas Day
- Dec. 31: New Years Eve (Federal Holiday observed)
- Dec. 20-Dec. 31: Winter Holiday Period

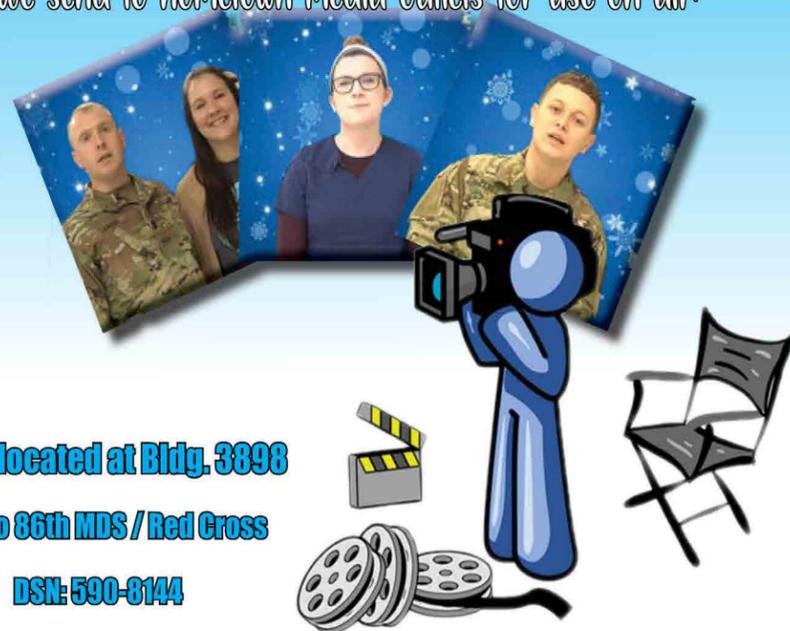
## HOLIDAY SHOUT OUTS

Come by the LRMC Public Affairs Office

Dec. 7-10, 9-11 a.m. & 1-3 p.m.

Record a message for friends and family back home!

We send to hometown media outlets for use on air.



PAO is located at Bldg. 3898

Next to 86th MDS / Red Cross

DSN: 590-8144



## the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER  
November 2021 • Vol. 3, No. 7

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

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- @LRMC\_Landstuhl

## Command Team Holiday Message

Team LRMC,

Happy Holidays! I hope this holiday season brings you the much deserved rest and opportunity to spend with friends and loved ones.

What a year it's been, 2021 has been a roller coaster. LRMC and the Army Health Clinics around the region have had their ups and downs but through it all you remained dedicated to your missions and continued growing the Legacy that is LRMC.

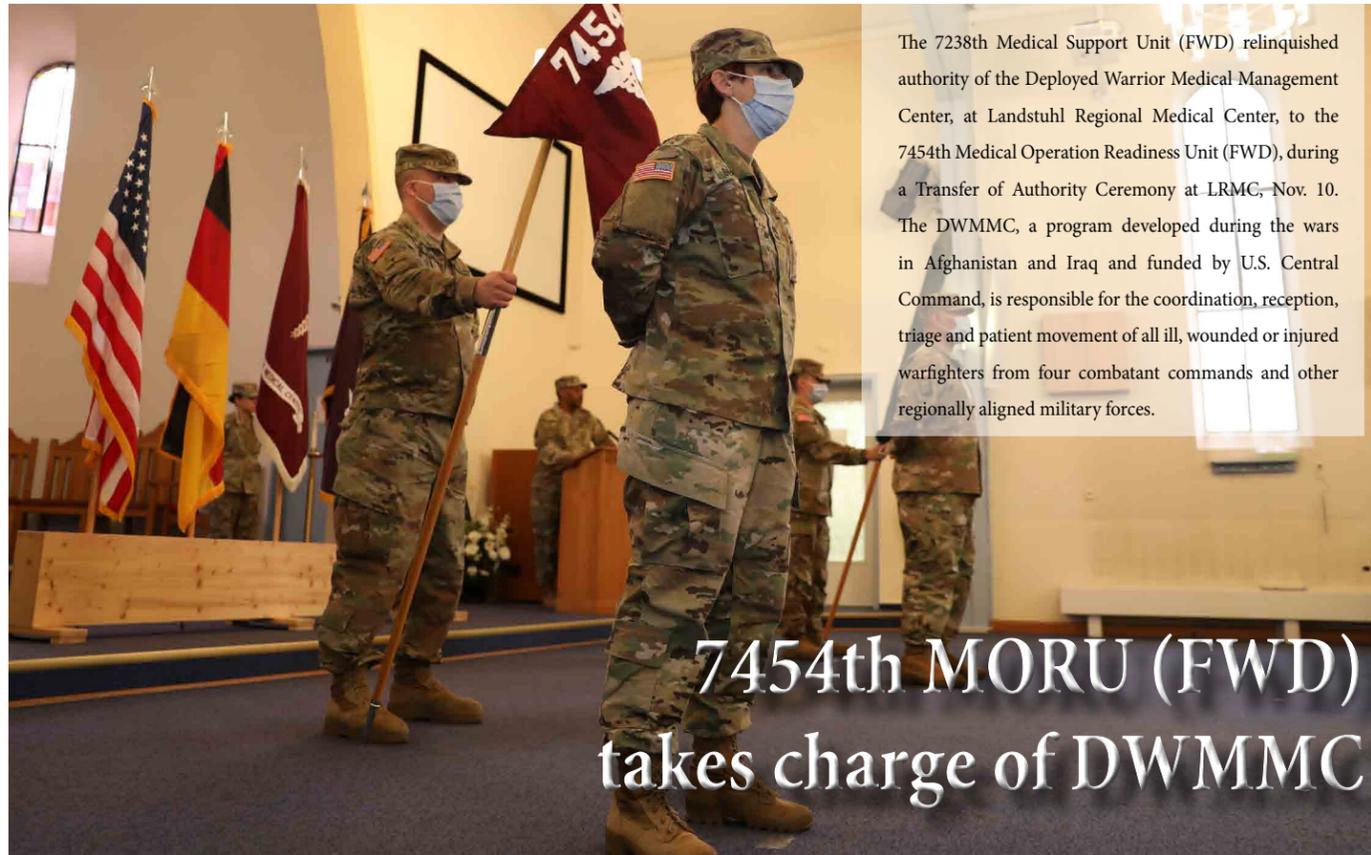
As you share the spirit of the holiday season, please take care of yourself and each other. A safe and mishap-free holiday doesn't begin when you get to your destination, it starts well before with proper planning. First-line supervisors, check in with your Soldiers, Airmen, and employees. Ensure they have a plan this holiday, particularly those whose families aren't here.

Take time this holiday season to remember our Service Members who are deployed, standing watch around the globe, defending our freedoms, giving hope and securing a bright future for all of us and those who will follow.

For this holiday season and for the coming year, the CSM Joseph and I wish you and your Family peace and prosperity. Thank you for your dedication, selfless service and sacrifice.

FERGUS J. JOSEPH  
CSM, USA  
Command Sergeant Major

ANDREW L. LANDERS  
COL, MC  
Commanding



## 7454th MORU (FWD) takes charge of DWMMC

The 7238th Medical Support Unit (FWD) relinquished authority of the Deployed Warrior Medical Management Center, at Landstuhl Regional Medical Center, to the 7454th Medical Operation Readiness Unit (FWD), during a Transfer of Authority Ceremony at LPMC, Nov. 10. The DWMMC, a program developed during the wars in Afghanistan and Iraq and funded by U.S. Central Command, is responsible for the coordination, reception, triage and patient movement of all ill, wounded or injured warfighters from four combatant commands and other regionally aligned military forces.

**By Marcy Sanchez**  
Chief, Public Affairs  
Landstuhl Regional Medical Center

LANDSTUHL, Germany – The 7238th Medical Support Unit relinquished authority of the Deployed Warrior Medical Management Center, at Landstuhl Regional Medical Center, to the 7454th Medical Operation Readiness Unit (FWD), during a Transfer of Authority Ceremony at LPMC, Nov. 10.

The DWMMC, a program developed during the wars in Afghanistan and Iraq and funded

by U.S. Central Command, is responsible for the coordination, reception, triage and patient movement of all ill, wounded or injured warfighters from four combatant commands and other regionally aligned military forces.

The ceremony was officiated by U.S. Army Maj. Gen. Jonathan Woodson, commanding general, U.S. Army Reserve Medical Command, who also praised the units for their support during the launch of worldwide COVID-19 vaccinations and ongoing efforts in support of deployed Joint Warfighters.

“This is an extraordinarily important mission,” said Woodson. “This is extraordinarily important to advancing military medicine, to defending this nation, to supporting at least three (Combatant Commands) and making sure that they are ready to do the nation’s bidding around the world.”



**“The Soldiers were committed to the mission, prepared and hit the ground running. Your passion and commitment to the cycle of healing wounded, ill and injured Service Members contributed towards (LRMC’s) lines of effort.”**

*- U.S. Army Lt. Col. Brenda Meredith  
Commander  
7238th Medical Support Unit*

The mission of the 7238th is to provide medical and dental services as well as train equipped and ready Citizen Soldiers to meet requirements across the whole spectrum of military operations in support of the national military strategy.

The 7238th MSU arrived at LPMC in March 2021. The unit, which is based out of Fort Hamilton, New York, has also provided medical and administrative functions in support of Service Members being medically evacuated to LPMC.

“The unit was formed from 12 different states,” explained U.S. Army Lt. Col. Brenda Meredith, commander, 7238th MSU. “The Soldiers were committed to the



mission, prepared and hit the ground running. Your passion and commitment to the cycle of healing wounded, ill and injured Service Members contributed towards (LRMC’s) lines of effort.” In addition to patient reception and movement, the air evacuation section of the DWMMC

also develops flight manifests for patients either returning to duty or transferring care to a stateside healthcare facility.

“Please know your value to this mission mattered,” said Meredith, addressing Soldiers of the 7238th MSU. “Thank you for your resiliency. Your legacy at LPMC will live on, you’re now part of history.”

# Patient Caring Touch System

## Respect

to hold in high regard; esteem, to show honor; courtesy; consideration



**Army:** Treat people as they should be treated. In the Soldier’s Code, we pledge to “treat others with dignity and respect while expecting others to do the same.” Respect means recognizing and appreciating the inherent dignity and worth of all people and is what allows us to appreciate the best in other people. This value reminds us that your people are your greatest resource. We (Soldiers, Seamen, Airmen) are one team and each of us has something valuable to contribute.



**By Marcy Sanchez**  
Chief, Public Affairs  
Landstuhl Regional Medical Center

LANDSTUHL, Germany – Over nearly two decades, Richard Reed has traveled from Germany to Walter Reed National Military Medical Center seven times. These weren't holiday trips but rather medevacs for the treatment of his cancer.

Reed's treatments required a specialized dermatologist trained in Mohs surgery, which until now, wasn't available in Germany for U.S. citizens living abroad. Recently, Landstuhl Regional Medical Center reintroduced the service for skin cancer patients, which had been missing for decades.

"There hasn't been a Mohs surgeon here for many, many years," explains U.S. Air Force Maj. Shannon Buck, a dermatologist specially trained in Mohs surgery, assigned to the LRMC Dermatology Clinic. "The retiree population that hasn't had access to this to this service is huge. All the (Service Members) in

Europe, Africa and the Middle East, would usually have to go back to the (Continental United States) causing a long time away from the fight. Having it here is not only streamlining the process, it gets them back to their job, back to the war fight a lot quicker."

Mohs surgery is considered the most effective technique for treating basal cell carcinomas (BCCs) and squamous cell carcinomas (SCCs), two of the most common types of skin cancers. The procedure has a 99 percent cure rate for cancers that have not been treated previously. Additionally, the precise technique leaves the smallest scar possible while removing the

entire tumor.

"The technique has evolved over time, but involves the surgeon cut-

**"That's why we're here: to take care of our Service Members, their families and retirees. We want to make sure they have high quality care that's both really good and convenient for them."**

**U.S. Air Force Maj. Shannon Buck**  
Dermatologist / Mohs surgeon  
Dermatology Clinic

ting out the skin cancer with a very narrow margin, then processing (the tumor) in a lab which is usually located within the clinic," said Buck. "The nice thing about the surgery is the way the tissues prepped you

can actually see 100% of the margin, which is different than other surgical techniques to remove cancer, and the surgeon is the pathologist too."

As the patient waits for results, a team of health care professionals work to present the surgeon with sectioned microscopic samples of the tumor. Following analysis of the tissue, the Mohs surgeon can determine if all the cancer cells were removed or if another removal is necessary. Following the full removal of the cancer cells, Mohs surgeons then perform wound repair by either allowing the skin to heal itself or through various reconstruction methods.

Aside from being an outpatient procedure, Buck notes that other benefits for patients include the ability to walk and eat while the tissue is processed, fewer medications required during the process leading

to speedier recoveries, and minimal scarring.

"Ideally, we're getting cures by doing this procedure of skin cancer, and we're also keeping the scars as small as possible which are usually in very cosmetically-sensitive areas, as most of these cases are on the head and neck," said Buck.

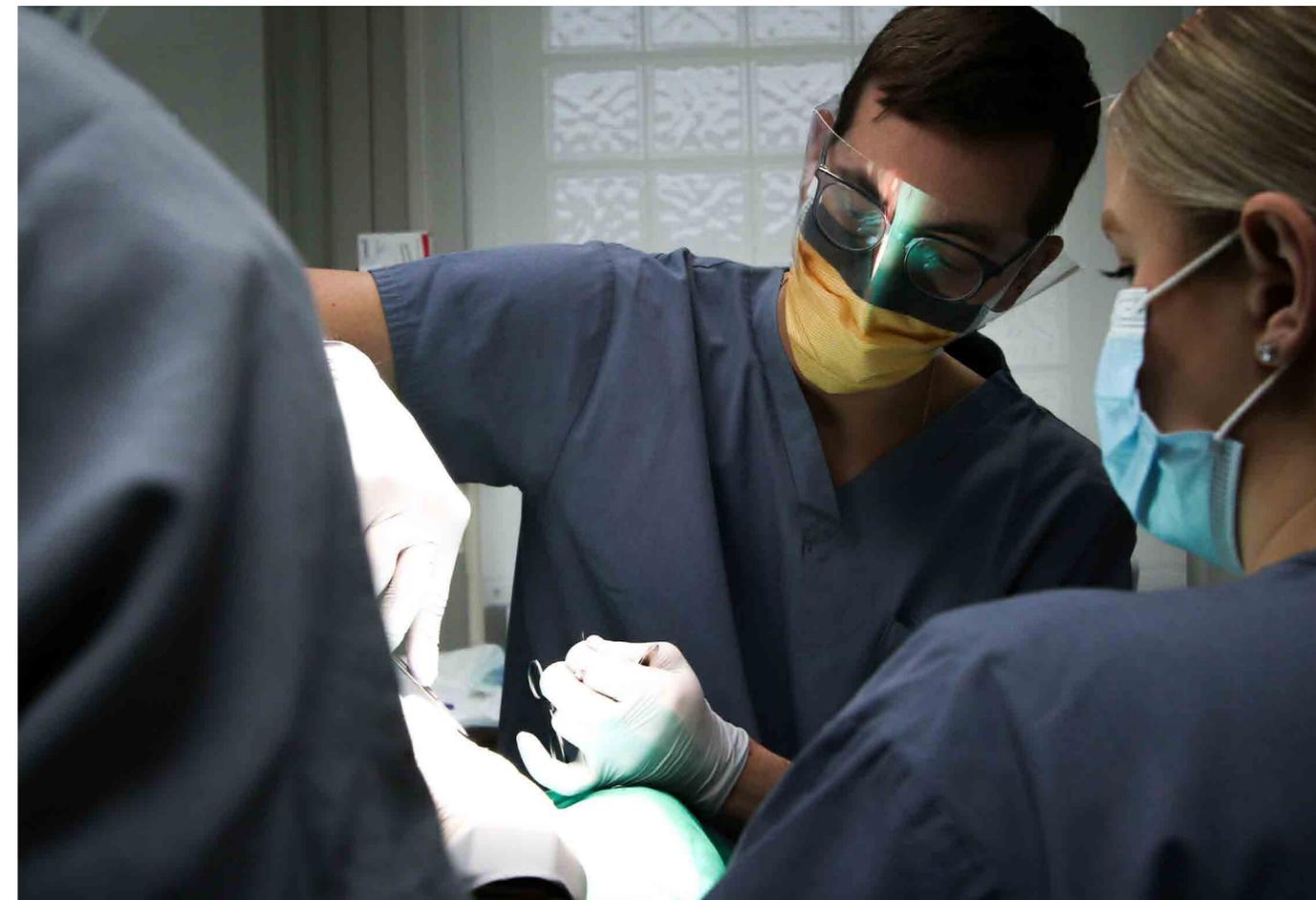
Reed, a retired U.S. Army warrant officer, has had a long history with skin cancer, dating back to the 70s. Although his health insurance covered the costs of lodging and transportation during his first two medevacs, changes in policy required him to bear the costs for following treatments. Additionally, his treatment, as well as many others who undergo the surgery, require a three-day stay near the treating facility.

"(Going to the U.S. from Germany), we spend three or four days going through that operation," said

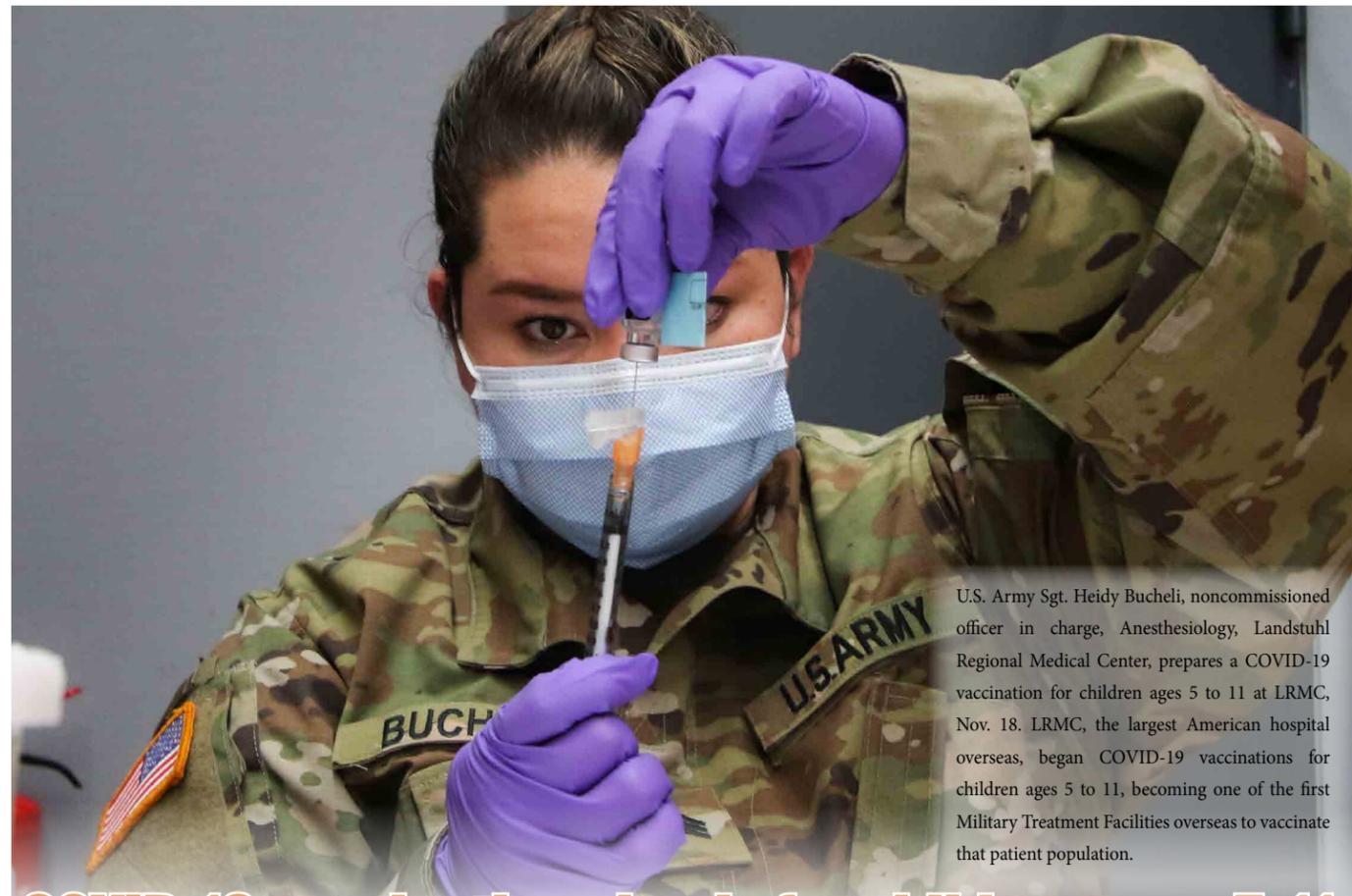
Reed, 81, a native of Niagara Falls, New York. "(At LRMC) it's one day, less than one day. It's basically an outpatient visit. I don't have to worry about getting on the plane, I don't have to worry about traveling back and forth. I just drive here in the morning and drive home in the afternoon."

"I think this will be a great thing for LRMC and a great thing for our patients. That's why we're here: to take care of our active duty Service Members, their families and our retirees," said Buck. "We want to make sure they have high quality care that's both really good and convenient for them."

Buck and the LRMC Dermatology Clinic are working toward increasing access to care for those in need of Mohs surgery and anticipate opportunities for more beneficiaries soon.



U.S. Air Force Maj. Shannon Buck, dermatologist, Dermatology Clinic, Landstuhl Regional Medical Center, performs a surgical procedure on a patient, Sept. 21. Buck, who is also a Mohs surgeon, is reintroducing Mohs surgery services to LRMC after decades of non availability. Mohs surgery is considered the most effective technique for treating many basal cell carcinomas (BCCs) and squamous cell carcinomas (SCCs), the two most common types of skin cancer.



U.S. Army Sgt. Heidi Bucheli, noncommissioned officer in charge, Anesthesiology, Landstuhl Regional Medical Center, prepares a COVID-19 vaccination for children ages 5 to 11 at LRM, Nov. 18. LRM, the largest American hospital overseas, began COVID-19 vaccinations for children ages 5 to 11, becoming one of the first Military Treatment Facilities overseas to vaccinate that patient population.

## COVID-19 vaccinations begin for children ages 5-11

By Marcy Sanchez  
Chief, Public Affairs  
Landstuhl Regional Medical Center

LANDSTUHL, Germany – Landstuhl Regional Medical Center, the largest American hospital overseas, began COVID-19 vaccinations for children ages 5 to 11, becoming one of the first Military Treatment Facilities overseas to vaccinate that patient population, Nov. 18.

COVID-19 vaccinations for children ages 5 to 11 began in the United States, Nov. 3, following the arrival of the vaccines to military installations in Europe, eligible U.S. Citizens abroad are now widely offered the opportunity to inoculate their 5- to 11-year-olds with the COVID-19 vaccine at different installations across Europe.

“We’re excited to expand protection against COVID-19 to this population,” said U.S. Army Col. Andrew Landers, the hospital’s commander. “Today marks a

critical step toward defending the health and welfare of the Joint Warfighter, their families, (Department of Defense) civilians overseas, and protecting our host nation communities here in Germany as well.”

Following the announcement of the pediatric COVID-19 vaccine events at LRM, appointments neared capacity, but hospital officials plan to continue offering the vaccine to parents of children who want it. More vaccination events are expected to be announced as demand continues.

“Today is a great day for Europe and the children in our community,” said U.S. Army Col. Sean Dooley, a pulmonary critical care physician at LRM. “It’s especially an important day for (our military) community because we’ve had several (COVID-19) outbreaks in our schools, which can affect the adult populations.”

According to the Food and Drug Administration, the

Pfizer-BioNTech COVID-19 Vaccine for children 5 through 11 years of age is administered as a two-dose primary series, 3 weeks apart, but is a lower dose (10 micrograms) than that used for individuals 12 years of age and older (30 micrograms).

For Yetta Lewis, a military spouse and mother of two, the pediatric vaccine offers her and her seven-year-old son, Victor, a sigh of relief while moving the family one step closer to being fully vaccinated.

“We feel very fortunate that it is available for him,” said Lewis. “I think vaccinating saves lives, it prevents the spread of the virus.”

While Lewis and her family are excited to travel around Europe with limited restrictions, once fully vaccinated, they are also looking forward to spending time with friends and family back home.

“We want to spend time with our family members, especially their grandparents,” said Lewis. “They miss their grandchildren and it’s

time to have Thanksgiving back and Christmas back together.”

“I got the vaccine to be with my friends,” added Victor, one of the first children to receive the initial dose of the vaccine at LRM.

While no vaccine is 100 percent protective, COVID-19 vaccinations are proven to be effective at preventing COVID-19, and getting sick or severely ill with the disease, according to the CDC. Additionally, new studies show when COVID-19 is contracted in those who are vaccinated, they are likely to be less contagious than unvaccinated individuals, reducing the spread of the disease overall.

“We expect that to be the case in the pediatric population as well, the higher percentage of the total population, adults and children, who are vaccinated against this

virus, the more it can help slow the spread,” said Dooley. “I’ve seen a lot of heartache, I’ve seen this disease rip through families and take fathers and sons, mothers and daughters away from their loved

are safe and comfortable, LRM staff underwent additional training to familiarize non-pediatric staff with vaccination best practices for that specific population. Health

care professionals assigned to the hospital’s Pediatric Clinic also augmented vaccination efforts to further increase

patient safety. LRM staff were joined by medical professionals from the 86th Medical Group, 86th Airlift Wing, Ramstein Air Base, Germany.

LRM is scheduled to hold more vaccination clinics throughout November and December, offering the vaccination to every eligible child in the largest U.S. military community outside the U.S.

Landstuhl Regional Medical Center, Germany, is the only forward-stationed medical center for U.S. & Coalition forces, Department of State personnel, and repatriated U.S. citizens. LRM is the largest U.S. hospital outside the United States where it serves as the sole military medical center for more than 205,000 beneficiaries throughout Europe, the Middle East and Africa. The jointly staffed hospital provides over 52 medical specialties and is the only American College of Surgeons verified Level II Trauma Center outside the United States.

**“We feel very fortunate that it is available for him. I think vaccinating saves lives, it prevents the spread of the virus.”**

**-Yetta Lewis  
mother of Victor Lewis, one of the first 5-7 year olds to receive the pediatric COVID-19 vaccination at LRM**

ones prematurely. Seeing that happen in the (Intensive Care Unit) and feeling helpless for the first time in almost 20 years of critical care medicine, motivates me to be here.”

Additionally, Dooley notes the potential for spreading COVID-19 is higher for younger children due to the close contact required for direct care.

To ensure the pediatric patients



U.S. Air Force Senior Airman William Syverson, an aerospace medical service specialist assigned to Family Medicine Clinic at Landstuhl Regional Medical Center, inoculates a child with the COVID-19 vaccine for ages 5-11 at Landstuhl Regional Medical Center, Nov. 18. LRM, the largest American hospital overseas, began COVID-19 vaccinations for children ages 5 to 11, becoming one of the first Military Treatment Facilities overseas to vaccinate that patient population.



By Angela Karnes-Padron  
Workforce Engagement Office  
Landstuhl Regional Medical Center

We began our current LRMC Team Offsites in July with the discussion on the organizational restructure and had the Leadership Offsite in the middle of September. The commander is committed to continuing these offsites with varying populations and themes on a quarterly basis. We aim to have an offsite near the end of January structured for tactical-level staff.

The Leadership Offsite in September hosted approximately 85 of our leaders from around the footprint. The LRMC Command Team met on day 1 of the event for a strong focus on team development. This is the first time this joint force group has come together as a unit and an emphasis was put on breaking down barriers to effective communication and building high trust. With the understanding that we are governed by the Army and Air Force values the Command Team established their top personal values of Family, Respect, and Honor + Integrity. They also signed to

hold themselves and each other accountable to a team commitment. That team commitment and the personal values were brought into the larger Leadership Offsite for Tuesday-Thursday.

Day 2 of this event began with an ice breaker led by Command Sgt. Maj. Fergus Joseph to add a lighthearted competitive spirit and bring the table groups together. The leaders were up and moving the rest of the morning with conversations of introversion and extroversion and different personality temperaments. The afternoon afforded time for the deputy lanes to meet with their teams to discuss personal values and building the team. The lanes briefed back their top values and captured those on the LRMC Family House to continue the roof that was established with the Command Team on Day 1. All leaders were asked to individually create their own team commitment for deputy lanes to use to come up with their lane's commitment on Day 4.

Day 3 served a more traditional offsite function with an Operational Theater Briefing from our regional

partners for the morning. Leaders of each Line Of Effort shared new ideas and plans with more information to come.

Day 4 was an abbreviated day to tie together the momentum of the event. We collected feedback from participants throughout the week to discuss this morning as a Q&A with Col. Andrew Landers. He shared thoughts on leadership listening to their folks and challenged them to revisit whether they are genuinely listening and considering what they are hearing from their teams. He also addressed questions on OAW and overtaxed groups and recognition. Col. Landers continued to put great emphasis on the importance of ensuring we allow everyone to have a voice and create ways we can all receive feedback from every level.

We pivoted to closing out the event with a community service event. All leaders had the opportunity to participate in gathering and sorting donations for Afghan children and others. This activity demonstrated that a focused team working together can move through

hundreds of bags in just 90 minutes. The sorting process replicated the full time operation at Ramstein AB and all donations went to ROB or other charities.

As a follow-on, deputies are holding offsites to further the team building and communication. The team commitments for each lane was sent out to all of LRMC for a vote on LRMC's Team Commitment. The voting closed on 20 October and the winner came from the DAHC.

### LRMC's inaugural Team Commitment:

**"I am committed to always build quality relationships based on trust, loyalty, and inclusion. This team will get my open and honest feedback – especially when it is difficult. I will cultivate a culture where people enjoy a healthy work-life balance."**

This commitment is a challenge to all who work at LRMC and signifies the ability to influence the culture to change towards a place where family is not jargon but a way of life and work-life balance is actualized. It takes every individual to commit to making this the LRMC way ahead and empower leaders to allow those pathways to happen and remove barriers.



# HILL TOP CAFE / WARRIOR RESTAURANT

## December Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			LUNCH Asian Ginger Cod Sweet & Sour Pork Chops Vegetarian Indian Korma  SOUP: Chicken Tortilla  DINNER Beef Lasagne Italian Baked Chicken Breast	LUNCH Beef Porcupines Chicken Primavera Vegetarian Zucchini Pancakes  SOUP: Minestrone  DINNER Linguine Con Salsiccia Fish Loaf	LUNCH Beef Bulgogi Herb Baked Cod Vegetable Curry & Rice  SOUP: White Chicken Chili  DINNER Spicy Baked Fish Chicken & Rice Casserole	LUNCH 5 Spice Chicken Breast Beef Stew California Blend Vegetables Buttered Egg Noodles  DINNER Cajun Baked Pollock Honey Glazed Ham
LUNCH Pineapple baked chicken quarters Beef Brisket Cauliflower, Mashed Potatoes  DINNER Spaghetti & Meatballs Mexican Chicken Breast	LUNCH Buffalo Chicken Quarters Herbed Baked Cod Vegetarian Hopping John  SOUP: Chicken Gumbo  DINNER BBQ Pork Loin Turkey Chili	LUNCH Chicken Cacciatore Braised Pork Chops Vegetable Stuffed Peppers  SOUP: Mulligatawny  DINNER Glazed Meatloaf Runa Tetrazzini	LUNCH Beef Carne Asada Parmesan Cursted Fish Vegetarian Paella  SOUP: Chicken Tortilla  DINNER Spinach Lasagna 5 Spice Chicken Breast	LUNCH Savory Baked Chicken German Pork Gulasch Vegetarian Chickpea Curry  SOUP: Lentil Vegetable  DINNER Roasted Jerked Turkey Stuffed Pollock	LUNCH Beef Stifado Rosemary Baked Cod Homemade Vegetarian Lentil Chili  SOUP: Tomato Florentine  DINNER Garlic Roasted Chicken Quarters Smothered Pork Chops	LUNCH Yankee Pot Roast Chicken Tetrazzini Green Beans Mashed Potatoes  DINNER Diablo Chicken Breast Lemon Baked Catfish
LUNCH Salisbury Steak Honey Ginger Chicken Breast Fried Cabbage Franconia Potatoes  DINNER BBQ Beef Cubes Seasoned Chicken Quarters	LUNCH Garlic Butter Cod Pork Adobo Red Beans & Brown Rice  SOUP: Red Thai Chicken Curry  DINNER Beef Fajita Garlic Herbed Chicken Breast	LUNCH Beef Pot Roast Rosemary Chicken Quarters Vegetarian Lasagna  SOUP: Cream of Vegetable  DINNER Creole Pollock Turkey Curry	LUNCH Asian Ginger Cod Sweet & Sour Pork Chops Vegetarian Indian Korma  SOUP: Chicken Tortilla  DINNER Beef Lasagne Italian Baked Chicken Breast	LUNCH Beef Porcupines Chicken Primavera Vegetarian Zucchini Pancakes  SOUP: Minestrone  DINNER Linguine Con Salsiccia Fish Loaf	LUNCH Beef Bulgogi Herb Baked Cod Vegetable Curry & Rice  SOUP: White Chicken Chili  DINNER Spicy Baked Fish Chicken & Rice Casserole	LUNCH 5 Spice Chicken Breast Beef Stew California Blend Vegetables Buttered Egg Noodles  DINNER Citrus Baked Pollock Honey Glazed Ham
LUNCH Pineapple baked chicken quarters Beef Brisket Cauliflower, Mashed Potatoes  DINNER Spaghetti & Meatballs Mexican Chicken Breast	LUNCH Buffalo Chicken Quarters Herbed Baked Cod Vegetarian Hopping John  SOUP: Chicken Gumbo  DINNER BBQ Pork Loin Turkey Chili	LUNCH Chicken Cacciatore Braised Pork Chops Vegetable Stuffed Peppers  SOUP: Mulligatawny  DINNER Glazed Meatloaf Runa Tetrazzini	LUNCH Beef Carne Asada Parmesan Cursted Fish Vegetarian Paella  SOUP: Chicken Tortilla  DINNER Spinach Lasagna 5 Spice Chicken Breast	LUNCH Savory Baked Chicken German Pork Gulasch Vegetarian Chickpea Curry  SOUP: Lentil Vegetable  DINNER Roasted Jerked Turkey Stuffed Pollock	LUNCH Beef Stifado Rosemary Baked Cod Homemade Vegetarian Lentil Chili  SOUP: Tomato Florentine  DINNER Garlic Roasted Chicken Quarters Smothered Pork Chops	LUNCH Yankee Pot Roast Chicken Tetrazzini Green Beans Mashed Potatoes  DINNER Diablo Chicken Breast Lemon Baked Catfish
LUNCH Salisbury Steak Honey Ginger Chicken Breast Fried Cabbage Franconia Potatoes  DINNER BBQ Beef Cubes Seasoned Chicken Quarters	LUNCH Garlic Butter Cod Pork Adobo Red Beans & Brown Rice  SOUP: Red Thai Chicken Curry  DINNER Beef Fajita Garlic Herbed Chicken Breast	LUNCH Beef Pot Roast Rosemary Chicken Quarters Vegetarian Lasagna  SOUP: Cream of Vegetable  DINNER Creole Pollock Turkey Curry	LUNCH Asian Ginger Cod Sweet & Sour Pork Chops Vegetarian Indian Korma  SOUP: Chicken Tortilla  DINNER Beef Lasagne Italian Baked Chicken Breast	LUNCH Beef Porcupines Chicken Primavera Vegetarian Zucchini Pancakes  SOUP: Minestrone  DINNER Linguine Con Salsiccia Fish Loaf	LUNCH Beef Bulgogi Herb Baked Cod Vegetable Curry & Rice  SOUP: White Chicken Chili  DINNER Spicy Baked Fish Chicken & Rice Casserole	LUNCH 5 Spice Chicken Breast Beef Stew California Blend Vegetables Buttered Egg Noodles  DINNER Diablo Chicken Breast Lemon Baked Catfish

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.



U.S. Army Sgt. Maj. Joseph Franco is laterally promoted to the rank of Command Sergeant Major, today at LRMC. Franco, who previously served as the chief medical noncommissioned officer, will serve as the 29th Hospital Center's command sergeant major at Joint Base Lewis-McChord.



Landstuhl Regional Medical Center Command Team, U.S. Army Command Sgt. Maj. Fergus Joseph and U.S. Army Col. Andrew Landers (center) join the City of Landstuhl Mayor, Mayor Ralf Hersina, and German Armed Forces (Bundeswehr) counterparts during the German Memorial Day (Volkstrauertag) at Landstuhl, Germany, Nov. 14. The Volkstrauertag is a commemoration day for Armed Forces Service Members of all nations who have died in armed conflicts, including victims of violent oppression.



Landstuhl Regional Medical Center and Regional Health Command Europe Leaders and families joined the Dining Facility staff in serving patrons during the annual Thanksgiving meal, at the DFAC, Nov. 24. The annual meal is hosted annually to boost morale and esprit de corps.