

the LEGACY

Landstuhl Regional Medical Center

September 2021

Vol. 3, No. 4

Responding to Kabul

More on pg. 8

INSIDE: LRMC verified as Level III
Trauma Center

LRMC Soldier, Airmen, deliver
Afghan evacuee baby aboard C-17

Events and Training Calendar

Sept. 1: LRMCA Annual Training

Sept. 2: Hospital Newcomer's Orientation

Sept. 6: Labor Day

Sept. 8: Medical Trauma Team Training, LRC

Sept. 8: TeamSTEPPS (virtual)

Sept. 10: Commander's Awards Ceremony

Sept. 10: 9/11 Remembrance Ceremony

Sept. 11: 9/11 Remembrance Ruck March, PT field

Sept. 13: Semi-annual Local Nationals assembly

Sept. 15: LRMCA Annual Training

Sept. 16: Hospital Newcomer's Orientation

Sept. 17: NCO Excellence Ceremony, Heaton

Sept. 21: Environment of Care Class, LRC

Sept. 22: National Hispanic Heritage Month observance

Sept. 16-22: Executive Leadership Course

Sept. 29-30: ICTL Skills Fair, Heaton

Return to Duty: MTD's mission proves crucial to Readiness

Cpt. Kyler DaBolt

Commander

Medical Transient Detachment

An annual average of 4,000-5,000 Service Members are accommodated at Landstuhl Regional Medical Center as they undergo medical treatment via the hospital's Medical Transient Detachment (MTD). The detachment, which is structured much like a Warrior Transition Unit, is responsible for command and control, nurse case management, billeting/housing, linen / cleaning services, clothing, administrative assistance, liaison / escort support, daily life support needs/ on-call assistance, facility maintenance, transportation, Military and Family Life Counseling, and USO/MWR support for Army, Air Force, Navy, Marines, and NATO Service Members from CENTCOM, AFRICOM, EUCOM, and SOCOM. MTD staff serve as critical links between patients, the chain of command, and the healthcare team, to ensure a timely and proper management of Service Members' return to duty or transfer to the U.S. for continued care (TCC). On average the MTD returns over 1,800 Service Members to duty, increasing the operational readiness and effectiveness of forward deployed units.

The MTD plays a critical role supporting the garrison-directed anti-terrorism and force protection programs. The Troop Diversion program executes nearly 100 antiterrorism missions annually to enhance the security posture. During the onset of the COVID-19 pandemic, the MTD assumed the mission requirements for isolation and support of COVID-19 patients evacuated from Europe, Africa and the Middle East. To date, the MTD has supported over 400 COVID-19 patients and ensured their safe return to duty.

The MTD mission supports service members with two outcomes: return to duty (RTD) or transfer to U.S. for continued care (TCC) in less than 14 days.

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LANDSTUHL REGIONAL MEDICAL CENTER
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Commander: Col. Andrew L. Landers

Command Sgt. Maj. Fergus Joseph

Public Affairs Chief: Kristen Schabert

Public affairs specialist / Editor: Marcy Sanchez

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Defining Selfless Service

Col. Andrew L. Landers

Commander

Landstuhl Regional Medical Center

Team, what a month it has been. I think the past few weeks are proof that readiness is key. I want to start this column by saying how immensely proud I am of our LRMCA team for the absolute rock-star effort you all have put forth in caring for our Afghan evacuee friends.

Though we had tragedy in the loss of 13 of our fellow brothers and sisters in arms in the heartbreaking events at the Kabul airport, those who made it to us with injuries were taken care of. All who came to us left in better shape than they arrived in – and that's our goal.

I know it has been a monumental task – balancing COVID, day-to-day care of our usual beneficiaries, plus the Operation Allies Refuge mission – but our LRMCA team has proven time and again that we are the best of the best.

This month, we will take time to honor and remember the events of Sept. 11, 2001. It's hard to believe 20 years has passed since that fateful day. I remember exactly where I was, and I am sure most of you do, as well. I hope you were able to join our Sept. 11 memorial ceremony and ruck march to honor those whose lives were lost on that day and in the 20 years of war since then. You can see the recording of the live ceremony [here](#).

September is also Suicide Prevention and Awareness Month. One suicide is one too many, and I want to remind you to reach out if you need help or know someone who may be struggling. We have a multitude of services and resources available here in our community but sometimes it's the little things we can do every day, such as checking in on someone with a phone call or text, that help others feel not so alone.

Gold Star Mother's and Family's Day is dedicated to remembering and honoring the surviving families of fallen service members. On Sept. 26, we pay respect to the Gold Star mothers and families for the sacrifice their service members made to protect our freedom. They will not be forgotten.

Finally, September is Hispanic Heritage Month. We will have a ceremony in the Heaton on Sept. 22 and I hope you all can join. Hispanics have an honorable record of military service, dating all the way back to the Revolution, and we are proud of their significant contributions to the United States and the military. Today, Hispanic Soldiers comprise 16% of America's Army.

Team, once again I want to thank you for all you've been doing. Make sure you are taking time for yourself, and leaders should make sure their team is taking a break if needed. Continue to do great things in taking care of our beneficiaries.

Thank you!



U.S. Army Col. Andrew Landers (left), commander, Landstuhl Regional Medical Center, and U.S. Army Brig. Gen. Mark Thompson, commanding general, Regional Health Command Europe, welcome U.S. Army Gen. Mark Milley (right), Chairman of the Joint Chiefs of Staff, to LRMCA during a visit to LRMCA as part of an assessment of operations and support to Operation Allies Refuge. Click for more pictures.

LRMC obstetrics team aids Afghan evacuee birth

By Marcy Sanchez
Public Affairs Specialist
Landstuhl Regional Medical Center

RAMSTEIN AIR BASE, Germany – Following the landing of a U.S. Air Force C-17 at Ramstein Air Base, Germany, Aug. 21, a team of obstetrics specialists from Landstuhl Regional Medical Center assisted an Afghan evacuee in labor, delivering a healthy baby girl minutes after the C-17 landed at Ramstein Air Base, Germany, Aug. 21.

The medical response is part of ongoing U.S. military evacuation efforts of U.S. citizens, Special Immigrant Visa applicants, and other at-risk Afghans from Afghanistan.

Initially the team was responding to what they believed was a

mid-flight childbirth. The team had 10 minutes to respond to the incident, but when they got to the aircraft, the mother was still in labor.

“We were initially told that the mom had already given birth on the plane,” said U.S. Air Force Staff Sgt. Lamaar Melvin, an aerospace medical technician assigned to LRMC’s Labor and Delivery unit. “We got everything together, went out to the C-17 and checked to see how the baby is... but mom was barely crowning.”

Despite communication differences, U.S. Army Capt. Erin Brymer, a nurse with LRMC’s Labor and Delivery unit, took

immediate action and tended to the Afghan evacuee just as she would any other patient.

“I was just trying to make eye contact with her and let her know that everything was OK, that she can deliver this baby safely and that we were ready for her,” said Brymer. “We were past the point of no return.”

The team, part of U.S. Armed Forces medical efforts in response to the Afghanistan evacuations, is one of many 24/7 medical teams staged at Ramstein Air Base, which has transformed itself into the logistical hub for the evacuation of people from Afghanistan in less than a week.

“I’ve been in 21 years and seen a lot but never delivered a baby on a C-17. This stuff doesn’t happen without a good team.”

- U.S. Air Force Maj. Kristin Blouin

Neonatal Nurse

Neonatal Intensive Care Unit

Brymer said her team was “expecting the worst, hoping for the best.”

Additionally, the team roles were suddenly swapped to exclude Melvin, who normally assists at the bedside during delivery, from direct contact with the evacuee



(From left) U.S. Air Force Maj. Kristin Blouin, neonatal nurse, Neonatal Intensive Care Unit, Landstuhl Regional Medical Center, and native of Tennessee Colony, Texas, and U.S. Air Force Staff Sgt. Lamaar Melvin, aerospace medical technician, Labor and Delivery, LRMC, and native of Newburgh, New York, were part of an obstetrics team which responded to an Afghan evacuee newborn delivery which occurred minutes after an aircraft landing, which transported the evacuee, at Ramstein Air Base, Germany. The team, part of U.S. Armed Forces medical efforts in response to the Afghanistan evacuations, is one of many 24/7 medical teams staged at Ramstein Air Base, which has transformed itself into the logistical hub for the evacuation of people from Afghanistan in less than a week.

as religious and cultural mores rarely allow males as part of women’s health care teams.

“When we get out of the ambulance and into the (C-17), the evacuees were saying ‘no males, no males,’” recalls U.S. Air Force Maj. Kristin

Blouin, a neonatal nurse at LRMC’s Neonatal Intensive Care Unit and native of Tennessee Colony, Texas. “Our planning kind of went up in air.”

As part of the response, Blouin was attached to the team to assess the newborn for signs of

complications but found herself filling in for Melvin to assist with the delivery.

At 3:19 p.m., four minutes after responding to the call, a baby girl was born.

Following the delivery, the mother and baby were transported to LRMC, where they are doing well.

“This is this is by far like the most unique birthing situation that I’ve ever been a part of,” said Melvin, a native of Newburgh, New York. “I’ve been a part of car deliveries and everything but have never delivered in a C-17, I’ll probably never have that experience again.”

“It was a blessing, a very humbling experience to be out there and help mom and baby get here safely,” said Melvin.

“I’ve been in 21 years and seen a lot but never delivered a baby on

a C-17,” said Blouin. “This stuff doesn’t happen without a good team.”

Since Aug. 20, U.S. Military medical professionals have delivered 12 babies from Afghan evacuees.

As the largest U.S. hospital outside the United States and the only forward-stationed medical center for U.S. and Coalition forces, Department of State personnel, and repatriated U.S. citizens, LRMC is assisting with the evacuation efforts by providing medical screenings and care to evacuees upon arrival to Ramstein Air Base. LRMC was recently verified as a Level II Trauma Center by the American College of Surgeons, the only Level II trauma center overseas.



U.S. Army Capt. Erin Brymer, a registered nurse at Landstuhl Regional Medical Center’s Labor and Delivery Unit, was part of an obstetrics team responding to an Afghan evacuee newborn delivery which occurred minutes after an aircraft, transporting the evacuee, landed at Ramstein Air Base, Germany.



U.S. Army Lt. Col. Kimberly Byers-Lund (left), a family physician and Army reserve-component Soldier, assigned to U.S. Army Health Clinic Kaiserslautern, Landstuhl Regional Medical Center, and U.S. Maj. Jesus Chaves, chief nursing officer, U.S. Army Health Clinic Baumholder, Landstuhl Regional Medical Center, evaluate an Afghan evacuee child as part of a medical team supporting Operation Allies Refuge at Ramstein Air Base, Aug. 26.

From coughs to cancer:

By Marcy Sanchez
Public Affairs Specialist
Landstuhl Regional Medical Center

Medics rally support for OAR evacuees

In less than a week, the U.S. Military has evacuated over 100,000 U.S. citizens, Special Immigrant Visa applicants and at-risk Afghans from Afghanistan in one of the largest airlift operations in history. In addition to the logistical challenges, the extraordinary movement comes with medical complications as well.

health clinics across Germany have volunteered medical experts to help with patient care requirements of evacuees at Ramstein Air Force Base, Germany. "In the span of only a few long days, Ramstein Air Base transformed into U.S. European Command's primary evacuation hub supporting one of the largest, most complex humanitarian airlift operations in history," said U.S. Air Force Brig. Gen. Josh Olson, 86th Airlift Wing Commander. According to Ramstein Air Base, as of Aug. 27, more than 18,700 evacuees have come through Ramstein Air Base from Al Udeid Air Base, Qatar and Kabul airport,

Working alongside U.S. Air Force medical professionals and others, Soldiers and Army civilians from U.S. Army Health Clinics



U.S. Army Maj. Philip Goering, a family medicine physician, U.S. Army Health Clinic Wiesbaden, Landstuhl Regional Medical Center, evaluates an Afghan evacuee seeking medical assistance as part of medical operations in support of Operation Allies Refuge at Ramstein Air Base, Germany, Aug. 26.



(From left) U.S. Air Force Capt. Justin Keller, registered nurse, 48th Medical Group, 48th Fighter Wing, Michelle Solano, a licensed practical nurse and U.S. Army civilian attached to U.S. Army Health Clinic Kaiserslautern, Landstuhl Regional Medical Center, and U.S. Army Cpl. Jose Suarez, healthcare specialist, U.S. Army Health Clinic Kaiserslautern, Landstuhl Regional Medical Center, sort medicine as part of medical operations supporting Operation Allies Refuge at Ramstein Air Base, Aug. 26.

Afghanistan with more than 4,100 evacuees departed to the U.S.

U.S. Air Force Lt. Col. Michelle Hufstetler, a registered nurse with the 86th Medical Group at Ramstein Air Base, described operations as a gamut of ailments, from coughs to cancer.

"The primary goal is to deliver safe, effective, quality care to the evacuees so they're as healthy as they can be as they're going through the (evacuation)," said Hufstetler, who is also the medical team lead at one of the medical tents supporting care for Afghan evacuees at RAB. "We set up this Sunday night (Aug. 22) and started seeing patients the same night."

Although efficient, the medical response has been demanding due to logistically supporting a mission of such scale.

"The challenge is that (medical operations) were not already set up, so we're constantly (adapting)," said Hufstetler. "We're still learning what we need, depending upon the needs of the patients."

Working alongside U.S. Air Force medical professionals and others, Soldiers and Army civilians from U.S. Army Health Clinics

Baumholder, Kaiserslautern and Wiesbaden, rallied to support the operations.

"So my role as a healthcare specialist is to help (evacuees) to the best of my knowledge as they come to our tent," said U.S. Army Pfc. Caleb Jones, a healthcare specialist assigned to U.S. Army Health Clinic Baumholder, part of the Landstuhl Regional Medical Center Health System.

For over a week, Jones has volunteered to support medical operations at Ramstein Air Base, augmenting military medical forces from the 86th Medical Group, based out of Ramstein Air Base.

"We're seeing every evacuee that needs medical care, it doesn't matter how small (the ailment) is," explains Jones, a native of Blanchester, Ohio. "It's our duty to put their needs above everything else."

Eye-opening, is how Jones describes the evacuation efforts, partly because he personally avoided a life of political oppression, poverty, and continued war.

"I was born in Vietnam, so I understand what they are pursuing

(by leaving Afghanistan)," said Jones, who was adopted by an American family when he was only a toddler. "That could have been me in their shoes. So I take (the mission) personal, and every patient who I see, I give it 101 percent (effort) to help them."

"We have eight personnel doing 12 hour-shifts, assisting with the medical needs and care," explains U.S. Army Sgt. 1st Class Robert Baird, a healthcare specialist and U.S. Army Health Clinic Baumholder Detachment Sergeant. "We're helping in the transportation process by providing that clinical care for them to be able to get on that airplane and continue their journey."

"It's great to be a part of humanitarian effort to get to help those in need," said Baird, a native of Tucson, Arizona, who has deployed three times to Iraq. "It's what we all signed up for as medical providers and technicians."

LRMC staff responds to Kabul attacks

U.S. Soldiers, Airmen and civilian staff at Landstuhl Regional Medical Center receive casualties who were medically evacuated from Kabul, Afghanistan, after U.S. service members and Afghan civilians were injured in a series of attacks outside of Hamid Karzai International Airport in Kabul Aug. 26 and evacuated to LRMC for further care.



LRMC verified as only Level II Trauma Center overseas



Healthcare staff at Landstuhl Regional Medical Center treat a simulated trauma patient during a mass casualty exercise at LRMC, April 14.

By Marcy Sanchez

Public Affairs Specialist

Landstuhl Regional Medical Center

Landstuhl, Germany – Landstuhl Regional Medical Center recently became the only medical facility outside the United States verified as a Level II Trauma Center by the American College of Surgeons.

Previously verified as a Level III Trauma Center, LRMC's new designation reflects the medical center's commitment toward maintaining a robust trauma program in compliance with 286 criteria focused on immediate and comprehensive care following trauma incidents.

"The verification reaffirms LRMC's commitment to the injured warfighter," said U.S. Army Lt. Col. Brad Rittenhouse, medical director for LRMC's Trauma Program. "Trauma care is more than simply providing the medical care (required). It's a whole system of ensuring the adequate resources are at the trauma center, adequate training of providers and support staff exists, and the program encapsulates (those requirements) and maintains organization of that system."

According to the American

College of Surgeons, a Level II trauma center is able to initiate definitive care for all injured patients. Some elements for the verification include 24-hour immediate coverage by general surgeons, orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology and critical care. At the height of the wars in Iraq and Afghanistan, LRMC was verified as a Level I Trauma Center partly due to the volume of trauma patients evacuated to the medical center.

"It was incredibly busy," said Peter Williams, manager for LRMC's Trauma Program and former Army nurse who served at LRMC's Intensive Care Unit from 2011-2013. "It was very turbulent, very high volume time with very complex trauma."

Although patient throughput has decreased over the past few years, the need for trauma care remains.

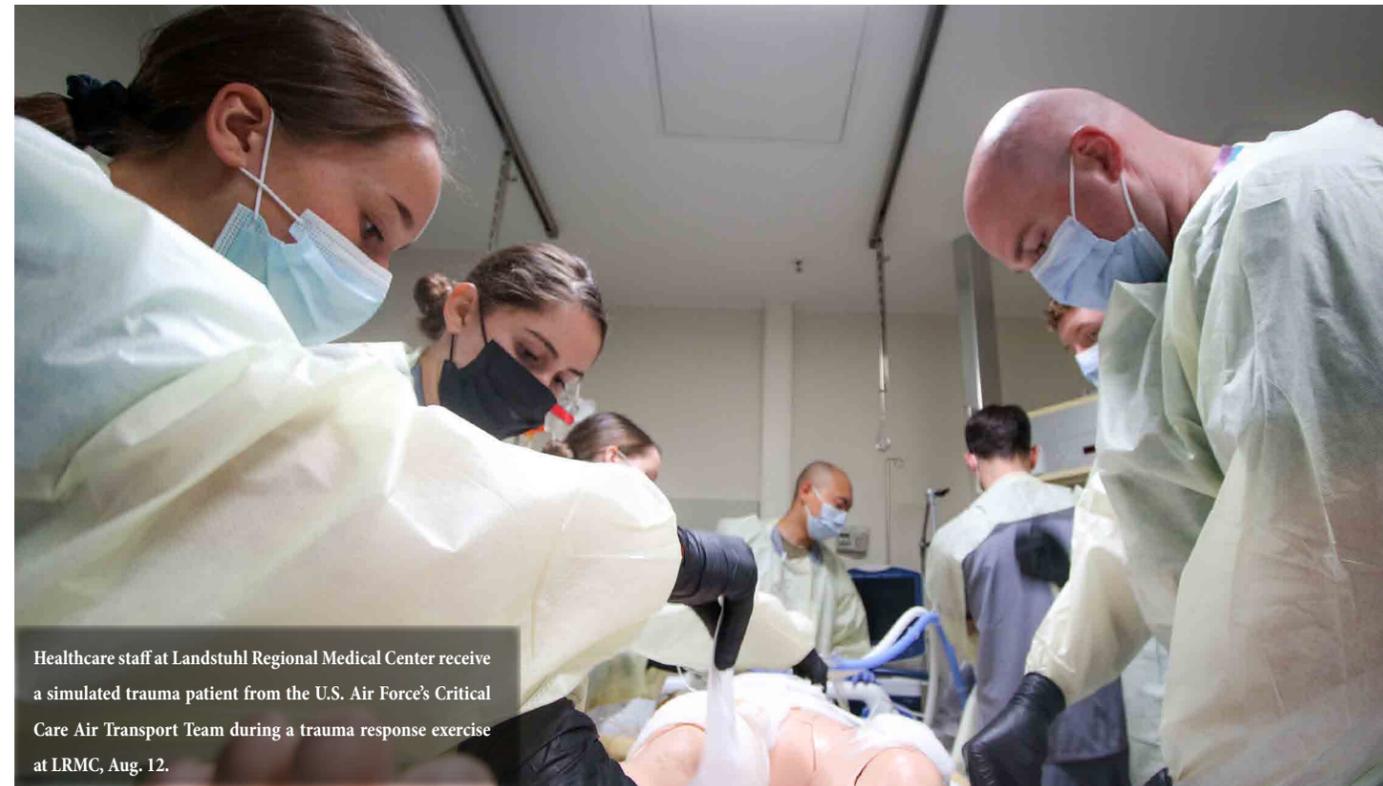
According to Williams, a San Antonio native, while LRMC presently has a much lower volume of trauma patients, the complexity of injuries has not gone down.

"Actually, data has shown that the complexity or the severity scores of those patients have actually gone up

since the height of the war," he said. "(Injuries) are probably as or more complicated than they were in the past."

Additionally, as a Level I Trauma Center, LRMC was very involved with research and publications of trauma injuries. Although that effort has also contracted, the hospital remains dedicated to contributing trauma research and data to the medical community as part of its exclusive role in providing trauma care to injured Service Members from four U.S. unified combatant commands; U.S. European Command (USEUCOM), U.S. Africa Command (USAFRICOM), U.S. Central Command (USCENTCOM), and the U.S. Special Operations Command (USSOCOM).

"(LRMC's) trauma system is the most unique in the world as it spans through three continents, which no other system does," said Rittenhouse, a native of Springfield, Missouri. "Unfortunately, the (Department of Defense) trauma system has a lot of experience from the last 20 years, more than most civilian institutions, whether here in Europe or U.S."



Healthcare staff at Landstuhl Regional Medical Center receive a simulated trauma patient from the U.S. Air Force's Critical Care Air Transport Team during a trauma response exercise at LRMC, Aug. 12.

In response to the Level II Trauma Center verification, the number of physicians has doubled in the Intensive Care Unit, one of the first stops for trauma patients.

"More ICU doctors means more capabilities so we have the ability to care for sicker trauma patients or sicker patients (in general)," said U.S. Army Maj. Nathan Boyer, medical director, Intensive Care Unit, LRMC, a native of Boise, Idaho. "No matter time of day or whenever they come in, we're always here to assess them."

According to Boyer, the Level II Trauma Center verification allows LRMC units like the ICU to maintain the personnel required to treat trauma patients 24/7, as well as the level of complexity and the quality of care.

While tertiary care needs such as cardiac surgery, hemodialysis and microvascular surgery may be referred to a Level I Trauma Center in the host nation or Continental U.S., other services, such as vascular surgery and interventional radiology, which had been missing from LRMC's arsenal since downgrading to a Level III Trauma Center five years ago, relaunched in response

to the Level II Trauma Center verification.

Aside from the treatment of medevacked Service Members, these services benefit other patient populations near LRMC.

"Peripheral vascular surgery involves care of the blood vessels in the body, arteries, veins but not those in the heart or the brain," explains U.S. Air Force Lt. Col. Jennifer Sexton, chief, vascular surgery, whose surgical program only relaunched nine months ago. "I can offer a broader service to our patients, although vascular injuries would initially be cared for (at the point of injury), I can do any follow-on procedures that are necessary and continue that care (at LRMC)."

Connie Johnson, incoming Trauma Program manager, explains the verification also benefits the Joint-Service staff at LRMC, a blend of U.S. Army, Air Force and civilian healthcare professionals, in conserving a ready medical force.

"One of the main reasons for becoming a Level II Trauma Center is to ensure we have the right resources and capabilities to handle those type of injured patients that

are admitted to our hospital," said Johnson. "When (LRMC staff) do deploy, they'll be more ready to handle (trauma). It's all inclusive of who's going to benefit (from the verification)."

Lastly, LRMC's own Medical Transient Detachment, designed to accommodate injured and ill Service Members, along with its relationships with supporting organizations such as the American Red Cross, USO and Fisher House are better poised to support Service Members and their families, making LRMC the preferred location for overseas trauma efforts.

"(LRMC) can deliver the level of care they're accustomed to and deserving of," said Williams. "We're better suited to accommodate them and can make a very unpleasant situation a lot more comfortable."



HILL TOP CAFE / WARRIOR RESTAURANT

September Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			LUNCH Garlic Butter Cod Caribbean Chicken Breast Pasta Primavera SOUP: Tortilla DINNER Cajun Chicken Breast Beef Fajitas	LUNCH Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes SOUP: Minestrone DINNER Pepper Steak Spicy Baked Fish	LUNCH Creole Shrimp w/ Brown Rice Sukiyaki-Style Beef Stir Fry Paella Stuffed Peppers SOUP: Red Thai Chicken Curry DINNER Rosemary Chicken quarters BBQ Pork loin	LUNCH Savory Baked Chicken Quarters Honey Glazed Ham Zucchini & Tomatos DINNER Diablo Chicken Breast Battered Pollock
LUNCH Roasted Turkey Yankee Pot Roast DINNER Chilli Macaroni Pineapple Chicken Breast	LUNCH Creole Spiced Cod Chicken Adobo Italian Broccoli Pasta SOUP: Broccoli Cheese DINNER Rosemary Chicken Quarters Braised Pork Chops	LUNCH Arroz con Pollo Beef Carne Asada Chunky Vegetarian Chilli SOUP: Tortilla DINNER Spicy Turkey Meatloaf Sweet & Sour Pork Chops	LUNCH Southwestern Shrimp Teriyaki Chicken Breast Three Bean Tacos SOUP: Spicy Black Bean DINNER Beef Lasagne Honey Chipotle Chicken Breast	LUNCH Greek Lemon Turkey Pasta Beef Stifado Red Beans & Brown Rice SOUP: Cream of Cauliflower DINNER Stuffed Bell Peppers BBQ Chicken Breast	LUNCH Cajun Salmon w/ Pineapple Salsa Sesame Chicken Breast Eggplant Lasagna SOUP: Chicken Noodle DINNER BBQ Beef Cubes Mexican Chicken Breast	LUNCH Salisbury Steak Chicken Tetrazzini DINNER Turkey a'la King Stuffed Pollock
LUNCH Ground Beef Yakisoba Honey Mustard Chicken Breast DINNER Five Spiced Chicken Quarters Spaghetti & Meatballs	LUNCH Szechwan Chicken Breaded Baked Cod Pasta Provencal SOUP: Hearty Tomato DINNER Tropical Baked Pork Chops Beef & Broccoli Stir Fry	LUNCH Jambalaya Shrimp Caribbean Beef Curry Vegetarian Lasagna SOUP: Herbed Tomato & Lentil DINNER Chicken Lasagna Lemon Pepper Fish	LUNCH Garlic Butter Cod Caribbean Chicken Breast Pasta Primavera SOUP: Tortilla DINNER Cajun Chicken Breast Beef Fajitas	LUNCH Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes SOUP: Minestrone DINNER Pepper Steak Spicy Baked Fish	LUNCH Creole Shrimp w/ Brown Rice Sukiyaki-Style Beef Stir Fry Paella Stuffed Peppers SOUP: Red Thai Chicken Curry DINNER Rosemary Chicken quarters BBQ Pork loin	LUNCH Savory Baked Chicken Quarters Honey Glazed Ham Zucchini & Tomatos DINNER Diablo Chicken Breast Battered Pollock
LUNCH Roasted Turkey Yankee Pot Roast DINNER Chilli Macaroni Pineapple Chicken Breast	LUNCH Creole Spiced Cod Chicken Adobo Italian Broccoli Pasta SOUP: Broccoli Cheese DINNER Rosemary Chicken Quarters Braised Pork Chops	LUNCH Arroz con Pollo Beef Carne Asada Chunky Vegetarian Chilli SOUP: Tortilla DINNER Spicy Turkey Meatloaf Sweet & Sour Pork Chops	LUNCH Southwestern Shrimp Teriyaki Chicken Breast Three Bean Tacos SOUP: Spicy Black Bean DINNER Beef Lasagne Honey Chipotle Chicken Breast	LUNCH Greek Lemon Turkey Pasta Beef Stifado Red Beans & Brown Rice SOUP: Cream of Cauliflower DINNER Stuffed Bell Peppers BBQ Chicken Breast	LUNCH Cajun Salmon w/ Pineapple Salsa Sesame Chicken Breast Eggplant Lasagna SOUP: Chicken Noodle DINNER BBQ Beef Cubes Mexican Chicken Breast	LUNCH Salisbury Steak Chicken Tetrazzini DINNER Turkey a'la King Stuffed Pollock
LUNCH Ground Beef Yakisoba Honey Mustard Chicken Breast DINNER Five Spiced Chicken Quarters Spaghetti & Meatballs	LUNCH Szechwan Chicken Breaded Baked Cod Pasta Provencal SOUP: Hearty Tomato DINNER Tropical Baked Pork Chops Beef & Broccoli Stir Fry	LUNCH Jambalaya Shrimp Caribbean Beef Curry Vegetarian Lasagna SOUP: Herbed Tomato & Lentil DINNER Chicken Lasagna Lemon Pepper Fish	LUNCH Garlic Butter Cod Caribbean Chicken Breast Pasta Primavera SOUP: Tortilla DINNER Cajun Chicken Breast Beef Fajitas	LUNCH Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes SOUP: Minestrone DINNER Pepper Steak Spicy Baked Fish		

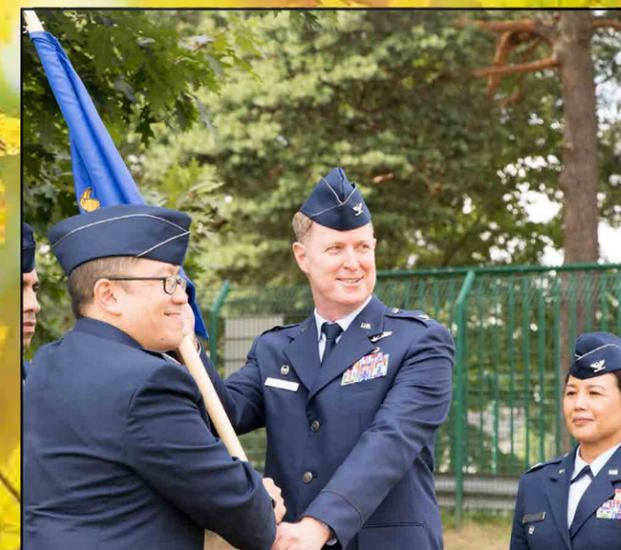
The Hill Top Cafe offers two to three entree options for our guests, as well as starchy and non-starchy sides.
 Short Order menu: hamburgers, cheeseburgers, black bean burgers, grilled chicken breast, french fries and sweet potato fries.
Daily Breakfast Bars: MWF: Omelet/Egg Bar T & Th: Pancakes/French 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.



(From left) U.S. Army Maj. Louis Lozano, chief, Education Division, Landstuhl Regional Medical Center, stands with Cadets from this year's Nurse Summer Training Program, Cadets Lawrence Randall, Joelle Perry, Teresa Novoa, and U.S. Army 1st Lt. Nixie Westling, a medical / surgical nurse and coordinator of Program, during their closing presentation at LRMC, Aug. 13. The month-long program aims to introduce future Army nurses, currently enrolled in an ROTC program, to military medicine and the roles and responsibilities of Army Nurse Corps officers. Click the pic for more.



U.S. Air Force Col. Sean Jersey passes the 86th Medical Squadron unit guidon to U.S. Air Force Col. Ryan Mihata, commander, 86th Medical Group, 86th Airlift Wing, with incoming commander, U.S. Air Force Col. Irene Folaron standing beside, during a change of command ceremony at Landstuhl Regional Medical Center, July 30. (U.S. Army photo by William Beach) Click the pic to watch the entire ceremony.



U.S. Air Force Chief Master Sgt. Ramón Colón-López (left), Senior Enlisted Advisor to the Chairman of the Joint Chiefs of Staff (SEAC), and U.S. Army Gen. Mark Milley (right), Chairman of the Joint Chiefs of Staff, pause to take a photo with Surgical / Medical Unit staff at Landstuhl Regional Medical Center, Sept. 5, during a visit to LRMC as part of an assessment of operations and support to Operation Allies Refuge. Click for more pictures.