

the LEGACY

Landstuhl Regional Medical Center

March 2022

Vol. 3, No. 10

Allegiance to the Alliance

pg. 4

Soldiers train in the Combat Lifesaver (CLS) Course at Landstuhl Regional Medical Center, European Medical Simulation Trauma Training Center, Feb. 11. Croatian Ground Army medical instructors visited LRMC to observe the Combat Lifesaver Course to potentially incorporate the training at their units, increasing interoperability in a battlefield environment. (U.S. Army photo by John Ciccarelli)

INSIDE: LRMC earns partnership into German Trauma Network, pg. 8

Take charge of your plate, pg. 6

Events and Training Calendar

- March 2: LRMCA Annual Training (Heaton)
- March 3: DHA Town Hall, Heaton / MS Teams, 1 p.m.
- March 3: LPD w/ Dr. Brian Lein (DHA), Heaton / MS Teams, 11 a.m.
- March 3: Hospital Newcomers Orientation
- March 3: Front Desk Operations Course, Bldg. 3700
- March 3: Grand Rounds, MS Teams
- March 4: Monthly Awards Ceremony, noon, LRMCA Fitness Center
- March 9: Preceptor Development Course II, TBA
- March 9: TeamSTEPS, Heaton
- March 9: CAF Orientation for managers, virtual
- March 9-10: Arbing Training, EMSC
- March 10: Maroon Surge - Hospital Exercise
- March 14: Executive Leadership Course, BLDG 3700
- March 16: MT3 course, EMSC
- March 17: Battlefield Ear Acupuncture Course (BLDG 3700)
- March 14-15: ASBPE Blood Drive, LRMCA Fitness Center
- March 25: NCO Induction Ceremony, Heaton, 2 p.m.
- March 29: Commander's Town Hall, Heaton/ Virtual, noon
- March 31: Women's History Observance, Heaton, noon

MARCH 3, 2022



Defense Health Agency

DHA TOWN HALL

DR. BRIAN C. LEIN, DEFENSE HEALTH AGENCY (DHA) ASSISTANT DIRECTOR, HEALTHCARE ADMINISTRATION, WILL HOST A TOWN HALL, OPEN TO ALL LRMCA STAFF, TO DISCUSS LRMCA TRANSITION TO DHA, WHAT IT MEANS FOR ARMY CIVILIANS AND THE WAY AHEAD FOR LRMCA UNDER DHA.

WHERE: HEATON AUDITORIUM

WHEN: MARCH 3, 2022 AT 1 P.M.

QUERIES: SEND QUESTIONS, COMMENTS OR CONCERNS TO USARMY.LRMCA.PAO@MAIL.MIL TO BE ADDRESSED DURING THE TOWN HALL

VIRTUAL OPTIONS

MS Teams: Use Team Code q8ua2dv (DHA Town Hall channel)

the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER
March 2022 • Vol. 3, No. 10

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

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- @LRMC_Landstuhl

TIME WILL TELL

Command Sgt. Maj. Fergus Joseph
Command Sergeant Major
Landstuhl Regional Medical Center

"Landstuhl Regional Medical Center (LRMC) was opened on March 9, 1953. It was formerly known as the 2nd General Hospital. In 1980, Soldiers who were injured in Operation Eagle Claw were brought to LRMCA. During the 1990s, U.S. Europe underwent a reorganization and hospitals in Frankfurt, Berlin, Nuremberg, and other bases were gradually closed or downsized to clinics. In 1993, a group of 288 US Air Force personnel augmented the hospital. By 1997, it was the only U.S. medical center in Europe."



Time has changed LRMCA in its almost 70 years of existence. The clocks above depict four different times but what we all can agree to is time never stops. Seconds turns into minutes; minutes into hours; hours into days; days into months; months in years; years into decades; decades translate to generational change.

If you read the full history of LRMCA since its inception you will notice the hundreds of Leaders, thousands of service members, DA Civilians and Local Nationals that have served under the LRMCA umbrella and that will continue as time keeps ticking. With each passing second, LRMCA's Legacy and history is being built by the men and women who serve there.

Every Soldier, Airman, Marine, Sailor and DA Civilian have a time stamp on their service to LRMCA. Time is promised to no one, each of us must make the most of the time we get to develop ourselves, each other and our organization. Our world is forever changing with time. I

don't have a crystal ball to predict what this will look like in the future but I can tell you from my two plus decades in the Army, things will change and be more complex for our future Leaders. We must prepare them for that time. How will you use your time to prepare the next generation that will serve in your seat?

My time as LRMCA CSM is coming to an end and it's a bitter-sweet moment. The sweet part is that I know the Leaders, Service Members and our Civilians are among the best our Military Health System has to offer. I am so proud of the diversity of Team LRMCA. LRMCA is ready to take on any mission that comes its way.

The bitter part is my time is up and I leave such an awesome Team, Family and organization behind. In the 16 months that I served as CSM, I saw LRMCA demonstrate how to train in a COVID-19 environment with our Courageous Series Training events. I bore witness to LRMCA tackling the COVID-19 pan-



demically stay ready, relevant and responsive while supporting three Combatant Commands. LRMCA had to immediately pivot to vaccinating thousands of military personnel, civilians and family members with both COVID-19 and FLU vaccinations. True to self, TEAM LRMCA responded to the Operation Allied Refuge and Welcome. LRMCA continued to offer opportunities for all its personnel for self-development to increase their readiness and hence the READINESS of TEAM LRMCA in various ways. All the while, TEAM LRMCA continued to deliver HIGH QUALITY, SAFE, and COMPASSIONATE CARE to its beneficiaries.

EACH OF YOU ARE THE RIGHT LEADER, SERVICE MEMBER, DA CIVILIAN AND LOCAL NATIONAL TO SERVE LRMCA AT THE RIGHT TIME.

Thank you, thank you, and thank you! for all your support in making LRMCA a better organization.

LEGACY 7 signing off!

LRMC medics share combat care best practices with Croatian counterparts

By John Ciccarelli

Public Affairs Specialist

Landstuhl Regional Medical Center



LANDSTUHL, Germany - Croatian Ground Army medical instructors visited Landstuhl Regional Medical Center (LRMC) on Feb. 11, 2022, to observe Soldiers in the Combat Lifesaver (CLS) Course at the European Medical Simulation Center.

“Our Croatian counterparts have been observing, experiencing firsthand, and learning how we teach the Combat Lifesaver Course to our Soldiers, so they can incorporate what they learn into their program,” said Army Sgt. Lamol Williams, combat medic and instructor at LRMC.

The CLS course trains non-medical Soldiers to provide lifesaving support in the absence of a Combat Medic or Corpsman until a patient can be evacuated to definitive care, such as an aid station, field hospital, or until a medic arrives.

Croatian medical instructors watched as Williams covered lifelike mannequins with blood substitute, in a smoke-filled room accompanied with simulated gunfire. A four-person team worked in the dark to administer care such as hemorrhage control and medical dressing.

About 20 Soldiers participated in the course.

The CLS course curriculum was developed by the Joint Trauma System, part of the Defense Health Agency (DHA), to provide an intermediate step between the Tactical Combat Casualty Care (TCCC) All Service Members Course (ASM) taught to all enlisted personnel and advanced life support skills taught to Combat Medics and Corpsman. The course includes instruction, a written exam and a practical exam.

“We perform similar training in Croatia, but we don’t have the same realistic resources as LRMC,” said Sdjeban Balog, a Croatian Army sergeant and medical instructor. “Coming here to observe the training will help the team I work with see the differences in how each country performs similar tasks. We can learn ways to incorporate these techniques into our training to better understand working in a joint environment.”



Soldiers train in the Combat Lifesaver (CLS) Course at Landstuhl Regional Medical Center, European Medical Simulation Trauma Training Center, Feb. 11. Croatian Ground Army medical instructors visited LRMC to observe the Combat Lifesaver Course to potentially incorporate the training at their units, increasing interoperability in a battlefield environment. (U.S. Army photos by John Ciccarelli)

National Nutrition Month: Celebrate a World OF Flavors



Chef Christian Lagies, a chef for Landstuhl Regional Medical Center, prepares vegetables for the evening meal service, Feb.

28. (U.S. Army photo by William Beach)

March has finally arrived. Along with the prospect of more sunshine in our future, we celebrate National Nutrition Month.

With the onset of social media, we have recently become aware that many foods have their own special day, such as National Pizza Day, World Pulses Day, or International Sushi Day. While many of these days have origins as a promotional and marketing tool within the last 20 years, National Nutrition Month has been recognized for nearly five decades, starting as a week-long awareness campaign to help Americans focus their attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Although it was originally a government-led initiative, registered dietitians jumped on the chance to use this week of awareness to promote educational nutrition messages. By the fourth year of celebrating National Nutrition Week, the campaign was expanded to a month-long promotion of nutritional awareness.

By 1986, National Nutrition Month theme posters and banners

were appearing in military institutions throughout the world, including Navy submarines! Though the themes and means of celebration have evolved over the years, military institutions around the world have been celebrating National Nutrition Month ever since.

This year's theme for National Nutrition Month is "Celebrate a World of Flavors", which highlights food items from all ethnicities to be included in a healthful eating plan specific to cultural, family, and personal preferences. Many traditional diets are rooted in ingredients, such as fruits, vegetables, whole grains, pulses, nuts, seeds, herbs, and, sparingly, lean meats, seafood, dairy, and healthy fats, that have been nourishing individuals for centuries.

You may have heard of the Mediterranean diet, as the U.S. News and World Report has consistently ranked it the best overall diet for the last five years. However, traditional African, Latin, and Asian diets often follow the same foundations, though the flavors pairings and ingredients may be culturally

diverse. Whether you want to incorporate your favorite cultural foods more often or you are looking to expand your palate, there are online organizations which provide free recipes highlighting the principles of these traditional diets. Regularly incorporating flavors from around the world can help us to embrace our diversity while nourishing ourselves. A registered dietitian can also help you understand how to fit your favorite cultural foods into a healthy eating plan.

Landstuhl Regional Medical Center has a team of registered dietitians with individual appointments and classes available to all Tricare beneficiaries. For more information on how a registered dietitian can help you or to schedule an appointment, you can call the Nutrition Care Clinic directly at 06371 9464 7144 or 590-7144. Come check out our National Nutrition Month events on the LRMC Facebook page and come taste a "World of Flavors" in the Dining Facility (DFAC) with our featured recipes from cultures in Africa, Asia, Latin America and the Mediterranean!

By Rebecca Roberts

MS, RD, CDCES, CHC

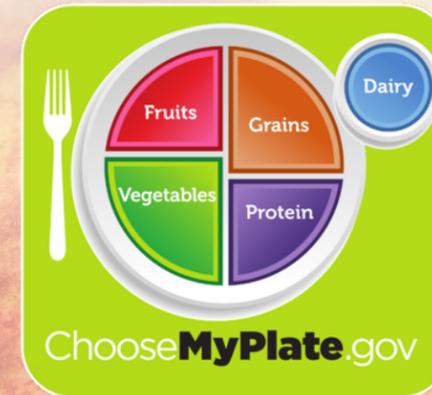
Nutrition Care Division
Landstuhl Regional Medical Center

The Privilege of MyPlate

By Heather Hough RD, LD, CDCES

Nutrition Care Division

Landstuhl Regional Medical Center



If you have ever been to an appointment or class with a registered dietitian, perhaps you have seen this image before. In my practice, I encounter the disappointment of my clients when I pull up this picture and encourage conversation around the elements of the food groups when putting meals together. I know they are hoping for some ground breaking plan to help them lose weight, keep it off, and never encounter disease. I hate to be the one to break it to you, but there is no such diet! If you have heard otherwise, you may have experienced a form of "healthism."

Healthism was first defined in the 1980s by Robert Crawford. Lucy Aphramor PhD, RD defines it as "a belief system that sees health as the property and responsibility of an individual and ranks the personal pursuit of health above everything else, like world peace or being kind. It ignores the impact of poverty, oppression, war, violence, luck, historical atrocities, abuse and the environment from traffic, pollution to clean water and nuclear contamination and so on. It protects the status quo, leads to victim blaming and privilege, increases health inequities and fosters internalized oppression. Healthism judges people's human worth according to their health."

While this definition was not meant to define dieting behavior, I find that much of what is pushed in diet culture is a form of healthism. Diet culture tells us to take "control" of our health by controlling everything that goes into our mouth. We proudly display our "food morality" with strict counting or abstinence until we can no longer take the overwhelming deprivation. Following strict diets often leads to feelings of deprivation, increased food cravings, and feelings of being "out of control" around food.

A very simple step to planning your meals could be realized through the concept of MyPlate. In applying this concept, though, I would suggest doing so with flexibility and care.

Food insecurity exists, even in the military community. Consider your past and present food experiences. Consider food practices such as where you shop, how often you shop, personal dining out availability, and the food budget of your home.

If you would like to model meals after MyPlate, perhaps move toward this goal gradually. Cost effective options such as canned, dried, and frozen foods can help implement changes, contacting a dietitian may also help navigate planning for "your" plate.

Recognizing our privilege is the first step in working against healthism. In the nutrition space, we can recognize that three plates a day, half-filled with fruits and vegetables, is a privilege. We don't have to get to ideal overnight, if at all. We can certainly use this tool to move toward feeding our families and ourselves with confidence using its simplicity and balance.

LRMC earns unique partnership into Germany's trauma network

By Marcy Sanchez

Chief, Public Affairs

Landstuhl Regional Medical Center

Landstuhl Regional Medical Center, the largest American trauma center overseas, was recently welcomed into the German Society for Trauma Surgery, or Deutsche Gesellschaft für Unfallchirurgie – DGU, becoming the first American trauma center in coalition with a foreign trauma network. The exclusive membership partners LRMC with German trauma centers to improve interoperability and coordination of patient care across Germany.

Developed during the mid-twentieth century, the DGU aims to advance comprehensive and sustained promotion of scientific, practical, vocational and interdisciplinary activities in the field of traumatology, particularly trauma surgery. Key efforts focus on training, treatment, quality assurance, medical education and optimizing patient safety.

“The certification has a direct impact for our patients, beneficiaries and (LRMC) family because if patients find themselves (in areas far away from LRMC) and they get into a major accident, they will most likely be transported to a German trauma center,” explains Army Lt. Col. Eric Ahnfeldt, assistant trauma program director at LRMC. “With the recent certification, instead of just being another trauma patient that speaks English, (the patient) may be assigned an American trauma physician from LRMC to interact with host nation physicians, receive updates regarding care and (the patient) can expect all the quality (patient safety) measures we have in the United States. Eventually, the patient will also get transferred to LRMC as part of that trauma network.”

LRMC is the evacuation and treatment center for all injured U.S. Service Members, U.S. civilians, and members of 56 Coalition Forces serving across Europe, Africa and the Middle East, supporting four combatant commands in the process. The hospital was recently verified as a Level II Trauma Center by the American

College of Surgeons, following Level III designation for approximately eight years and was previously a Level I Trauma Center before that, largely due to casualties from the wars in Afghanistan and Iraq.

“(Membership into the DGU) is an important step forward because this helps LRMC completely fulfill its core mission as being the primary casualty receiving center for this half of the globe for the U.S. Military,” said Army Col. Jean-Claude D’Alleyrand, director of Surgical Services at LRMC. “In order to fulfill that mission, we have to be agile and respond to any flow of casualties, be it just a handful or dozens. Part of that means being able to extend our capabilities beyond our own walls, and that means involving our host nation partners.”

In August of 2021, LRMC’s response to a mass casualty event was tested in a real-world situation during the U.S. withdrawal from Afghanistan which also led to mass evacuations of Afghan civilians. During this time, Ramstein Air Base, located less than 8 miles from LRMC, played a vital role in evacuation efforts. As expected, LRMC supported medical operations, including inpatient and trauma treatment. In addition to the 35,000 Afghan evacuees who journeyed through Ramstein Air Base, LRMC capabilities were also tested following the Aug. 26 Kabul attack that killed 13 American Service Members and hundreds of Afghan civilians, as more than 20 U.S. service members and Afghan civilians were medevacked to LRMC.

“During our response to the influx of patients from the (withdrawal) and particularly to the large flow of patients that came in from (Kabul), we were incredibly fortunate to have friends and neighbors in the form of our German counterparts,” recalls D’Alleyrand. “I think we responded exceptionally well, essentially flawlessly, but we were very much dependent on the support, assistance and friendship of our local counterparts. They provided anything we asked of them and really extended a hand of friendship when we were going through a very dark hour.”

The partnerships formed during Operation Allies Refuge and Operation Allies Welcome opened doors for more discussion toward formal collaboration between American and German medical facilities.

Not only does the partnership help Americans impacted by trauma while living overseas, membership also benefits medical staff from the American Military Treatment Facility and German trauma centers, as recently demonstrated with a virtual grand rounds medical education presentation by a host-nation specialist to American physicians.

“We’re not only working with those trauma centers, we’re participating with quality assurance measures, making sure (patients) are getting the world-class care they deserve,” said Ahnfeldt, who also serves as the chief of Surgical Services for the 519th Hospital Center, 30th Medical Brigade.

Additionally, because the DGU is methodically divided into regions based on state trauma systems, LRMC’s unique location between the German states of Rheinland-Pfalz and Saarland allows for more collaboration between German medical centers.

“We’re fortunate enough, because of our unique location, unique mission set and our unique clientele (American Service Members) to be in two trauma systems, which is certainly a first for German trauma centers,” said D’Alleyrand.



Army Maj. Michael Morrison, general surgery trauma surgeon, Intensive Care Unit, Landstuhl Regional Medical Center, discusses a follow-up care plan with a critical care patient at LRMC, Feb. 18. Landstuhl Regional Medical Center, the largest American trauma center overseas, was recently welcomed into the German Society for Trauma Surgery, or Deutsche Gesellschaft für Unfallchirurgie – DGU, becoming the first American trauma center in coalition with a foreign trauma network. The exclusive membership partners LRMC with German trauma centers to improve interoperability and coordination of patient care across Germany.

LRMC hosts first enlisted strategic team-building assembly

By John Ciccarelli

Public Affairs Specialist

Landstuhl Regional Medical Center

Landstuhl Regional Medical Center (LRMC) hosted its first team-building assembly for enlisted Service Members from Feb. 9-11, to promote collaboration and establish effective leadership strategies.

The assembly, held at Armstrong's Club at the Vogelweh Military Complex, included participation from 48 Air Force and Army Service Members of all enlisted ranks.

Army Sgt. 1st Class. Kalynn Rolon, a combat medic, 30th Medical Brigade, was the featured guest speaker. She discussed her experience completing Army Ranger School.

"If you feel like quitting today, tell yourself you will quit tomorrow," she said. Rolon is the second female combat medic to complete the elite training and the 99th female Soldier to graduate since the Army

opened Ranger School to women in 2015.

The event also included a visit to the Lorraine American Cemetery in France, which contains the largest number of graves of U.S. military dead from World War II in Europe.

Army Master Sgt. Howard Fitzhugh, NCOIC for LRMC's Clinical Engineering Department, helped organize the three-day session to teach Soldiers how to work together more effectively in support of a common mission.

"Their mission is so important, and we want to tie the Army and Air Force objectives to what they do on a daily basis," he said.

Army Command Sgt. Maj. Fergus Joseph, top enlisted at LRMC, said the event was inspired by a strategic offsite meeting for senior leadership in September 2021. Two junior enlisted Soldiers were invited to participate and suggested that they could benefit from a similar offsite event.

"The mission of the command

is to develop future leaders, and we know that our junior (Service Members) are the future, so we took the time to set this event up," he said. "A good part of the LRMC legacy of success comes from enlisted team members, and sometimes they can be forgotten. We want to reinvest time in them to let them know their contributions are valuable to the overall readiness of LRMC. The biggest asset we have in the military are people."

Army Spc. Erica Mercado, a LRMC operating room specialist, said the training will help her and other participants better support the LRMC mission.

"This event is extremely important to really get an insight on the impact of how a person's decisions affects others," she said. "You cannot put the mission first if you have other things on your mind. Addressing feelings and concerns allows people to really put everything into their job: serving patients and taking care of people."



Army Command Sgt. Maj. Fergus Joseph, top enlisted at Landstuhl Regional Medical Center (LRMC), discusses teamwork and ways to create effective leadership skills, during LRMC's first team-building assembly for enlisted Service Members from Feb. 9. The event was implemented to promote collaboration and establish effective leadership strategies among the enlisted ranks.



LANDSTUHL AMERICAN RED CROSS VOLUNTEER NEWSLETTER



FROM THE OFFICE

Our Newsletter is BACK! Our last Newsletter was pre-COVID and a lot has happened. In November 2020 we MOVED from Bldg 3794 to Bldg 3898. Please feel free to stop by and say Hi! Our amazing volunteers have been very busy supporting LRMC, especially the COVID booster vaccination clinics. We are so thankful for all of our wonderful volunteers! Keep up the great work, and remember to log your hours by the 5th of the month!

VOLUNTEER SPOTLIGHT

"Dr. Curin administered, scored, and helped interpret comprehensive neuropsychological testing batteries for dozens of patients with a variety of neurologic, cognitive, and psychological disorders. She doubled the clinic's capacity to see patients, and without her the operation here would have been



slowed significantly and completely halted at times. She was critical to keeping our operation running, and her positive attitude had a great impact on the morale in the workplace." - Maj Rich Moore

LOOKING FORWARD

- March is Red Cross Month AND Women's History Month - stay tuned for upcoming events!
- Volunteer Opportunity Spotlight: Aeromedical Patient Breakfast
 - The Red Cross Outreach team sponsors the Aeromedical Breakfast at the USO Warrior Center on the 3rd Thursday of each month for the patients flying to CONUS. We prepare and serve breakfast for the patients before they depart on the long flight back. We need 4 volunteers each month!
- LRMC COVID-19 Vaccination Clinics will take place on March 4th and 18th (Fridays). We still need volunteers for each shift!

January and February Highlights

LANDSTUHL VOLUNTEERS LOGGED A TOTAL OF 2091.50 HOURS THE LAST 2 MONTHS!

President's Volunter Service Awards 2021 (for 500+ hours in a year)

- Maria Martin Wuebbels
- Samantha Crocker
- Madison Ilic
- Arian Johnson
- Kimberly Longmire
- Roxane Bowden

HILL TOP CAFE / WARRIOR RESTAURANT

March Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		LUNCH Chicken Cacciatore Braised Pork Chops Vegetable Stuffed Peppers SOUP: Mulligatawny DINNER Glazed Meatloaf Runa Tetrazzini	LUNCH Beef Carne Asada Parmesan Cursted Fish Vegetarianb 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 Vegetarianb 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 Vegetarianb 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		

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.



Army Col. Andrew Landers, commander, Landstuhl Regional Medical Center, takes questions along with other LRMC leaders during the a town hall at LRMC's Heaton Auditorium, Feb. 24. Town halls are slated to be scheduled monthly for LRMC staff and families to discuss current operations at LRMC and way ahead.



Maj. Joshua Pounders (second from right) and Master Sgt. LeStiney Cray (center) are inducted into the Order of Military Medical Merit (O2M3), Feb. 25. Membership in the Order recognizes those individuals who have clearly demonstrated the highest standards of integrity and moral character, displayed an outstanding degree of professional competence, served in the Army Medical Department (for a minimum of 10 years) with selflessness, and have made sustained contributions to the betterment of Army Medicine.



Command Sgt. Maj. Gary Petty, command sergeant major, 519th Hospital Center, 30th Medical Brigade, was the guest speaker for the Landstuhl Regional Medical Center Black History Month observance, Feb. 23. For 245 years, Black Soldiers and Army Civilians have answered the call to help fight and win our Nation's wars. Today, more than 190,000 Black people serve in the Total Force, with 19 percent of the Army identifying as African American / Black.