

the LEGACY

The background of the cover is a photograph. It shows a dark blue cloth, possibly a memorial shroud, draped over a surface. The cloth has several large, white, five-pointed stars embroidered on it. In the foreground, there are several lit yellow candles. The flames are bright and warm, casting a soft glow. The overall mood is somber and reflective.

Landstuhl Regional Medical Center

September 2020

Vol. 2, No. 16

Remembering 9/11

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Defeat Shelter
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Events and Training Calendar

Sept. 1: Advanced Trauma Live Support, LRC, 7:30 a.m.
 Sept. 1-3: LSOC, Bldg. 3700 Rm. 309, 8 a.m.
 Sept. 2: Annual Training, Heaton, 7:30 a.m.
 Sept. 3: HNO brief, Heaton, 8:30 a.m.
 Sept. 3: Basic LifeSavers, LRC, 8 a.m.
 Sept. 4: LRMCM Class B Day
 Sept. 7: Labor Day
 Sept. 8: Pediatric Advanced Lifesavers, LRC, 7:45 a.m.
 Sept. 9: Advanced Lifesavers, LRC, 8 a.m.
 Sept. 10: Basic Lifesavers, LRC 8 a.m.
 Sept. 11: 9/11 Observance
 Sept. 15: 86 MDS Commander's Lunch,

Sept. 15-16: TNCC, LRC, 7:30 a.m.
 Sept. 15-23: MEDIC Tables, LRC, 7:30 a.m.
 Sept. 16: Annual Training, Heaton, 7:30 a.m.
 Sept. 17: Basic Lifesavers, LRC, 8 a.m.
 Sept. 17: HNO brief, Heaton, 8:30 a.m.
 Sept. 18: Healthcare Hiring Event, Heaton, 10 a.m. - 2 p.m.
 Sept. 21: Preceptor Development Course, LRC, 8 a.m.
 Sept. 24: National Hispanic Heritage Month Observance, Heaton, noon
 Sept. 24: Basic Lifesavers, LRC, 8 a.m.
 Sept. 25: 86th MDS Awards Ceremony,
 Sept. 29-30: Skills Validation Fair, Heaton

As no other event in U.S. history, not even Pearl Harbor, the deadly assaults on New York and Washington that took the lives of almost 3,000 people on 11 September 2001 shattered the nation's sense of security. The utter destruction of the Twin Towers in New York and the severe damage done to the Pentagon by Middle East terrorists signaled a changed world in the making, one that poses a constant threat of attack that the United States must guard against and defeat if its people are to live in freedom and safety. The nation responded first with stunned surprise and overwhelming grief, then with outrage and stern refusal to be intimidated.

What happened at the Pentagon that day and for days afterwards is a compelling story of trauma and tragedy as well as courage and caring and an instructive case study in coping with such appalling contingencies. Any history of this event must relate the resolve and fortitude exhibited by the military and civilians most immediately affected as well as the indispensable help that came from thousands of responders in the aftermath. In the first terrifying minutes after the plane crashed into the building the swift actions of survivors and rescuers helped save the lives of many who would otherwise have perished. The prompt response and subsequent performance of federal, state, and especially local agencies, in particular their coordination and cooperation with each other and with Pentagon authorities, provided invaluable lessons for dealing with other large-scale emergencies in the future

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LANDSTUHL REGIONAL MEDICAL CENTER
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 Medical Center

Creating change that matters

Col. Michael Weber
Commander
Landstuhl Regional Medical Center

LRMC Team,

As the summer draws to a close and we look to the beginning of autumn, I am very impressed with the tenacity and resolve our team members put forth each day in continuing our mission: elevating the readiness and healthcare support of our Joint Warfighters and their families. As we come to adapt to an environment challenged by COVID-19, it's important to also remain vigilant against the perennial threat of influenza. The measures we all take individually to defend ourselves against COVID19 will also help protect ourselves against influenza. There will be an influenza vaccination program later this autumn and leaders at all levels will prioritize our individual and collective protection.

School has started, sports will soon begin (although physical contact will be limited) and months of cabin fever leave us with the desire to travel. Before setting out on any new journey, ensure you're capable and tolerant of the stressors and sudden changes which may occur during travel or with young children. Continue practicing social distancing, good hand hygiene and using the appropriate level of protection for your surrounding environment, i.e. face masks if you can't maintain the prescribed distance.

September is a busy month for Team LRMC, from the celebration of the American working class on Labor Day to preparing for the official Army Combat Fitness Test launch on Oct. 1, so be sure to continue checking in with one another. The Soldiers, Airmen, Marines, Sailors, civilians and local nationals within your sections are an important part of the team and imperative to mission success. September is also Suicide Prevention Month, raising awareness of the Army's most valuable resource - its people, and the importance of taking care of those resources. Resilience is key to enhancing personal readiness when faced with adversity. According to the Defense Suicide Prevention Office, the suicide rates for the Active Component are nearly 25 suicides per 100,000 Service Members, that's 25 too many. If you ever find yourself in distress, reach out to the crisis line in Europe at 00800 1273 8255 or DSN 118. Leaders, you need to be engaged. Determine the levels of risks in your formation and use your resources to reduce



Col. Michael Weber, commander, LRMC, presents Glenda D. Crunk, Chief, Equal Employment Opportunity at Headquarters IMCOM Europe, with a certificate of appreciation for sharing her story during the Women's Equality Day Observance, Aug. 26.

them. Programs like behavioral health, the Army Resilience Directorate and Ready and Resilient Performance Centers provide training to improve personal readiness and enhance resilience.

No one wants to lose a loved one, those who have fallen in battle leave behind grieving families and mothers. It is a sacrifice we remember during Gold Star Mother's and Family's Day. This year, on Sept. 27, America honors surviving mother and families of Service Members some who have come to our very own hospital. We are indebted to these families as they are the Legacies of their Service Member's ultimate sacrifice.

Lastly, 19 years ago nearly 3,000 people lost their lives in an attack on America and we united as a country to face the threat from violent extremism. This shared experience links the Nation together as Americans and is woven into the fiber that binds us together. After more than 18 years of war, men and women from all backgrounds continue to serve selflessly, some who weren't yet born in the midst of 9/11. In 2001, the House and the Senate passed the bill, unanimously by voting members, to make September 11 a national day of mourning designated as "Patriot Day." Please join me, this Patriot Day, as we hold an observance at the LRMC Chapel in memory of those 3,000 souls and the many others who have fallen as a result of violent extremists. More information will be released prior to our observance.

Continue to do great things for our patients and each other.
Selfless Service!

Defeat shelter fatigue with strategy

By: Dr. Amy Adler, Clinical Research Psychologist, Walter Reed Army Institute of Research
Lt. Col Leslie Roberson, Clinical Psychologist, Army Public Health Center

ABERDEEN PROVING GROUND, Maryland - The temptation to relax adherence to public health guidelines is called shelter fatigue – and it's real.

Studies of prolonged isolation show environmental conditions can have an impact on your psychological and physical health. When people live in a confined space or don't have access to in-person social connections, they may feel disengaged and their stress levels rise. Even not being able to engage in daily habits like going to the gym or to the workplace may increase stress and fuel a sense of "shelter" fatigue.

Public health experts warn about the dangers of being complacent, but there are things you can do to help reduce your stress and reduce "shelter fatigue" so that you can stay vigilant and continue to do your part in the battle against COVID-19.

The following recommendations can help you reduce "shelter" fatigue.

Check your physical environment

If you have one area designated for sleeping, one for eating, one for playing and one for working, it can be easier to create a sense of movement, rhythm and change even if you are in the same barracks room, apartment or house.

Plants are not only good in terms of decorations, studies show that exposure to greenery reduces stress and can even improve physical health.

Check your sleep, circadian rhythm, and exercise patterns

Don't underestimate the importance of sleep. Be sure to create a comfortable sleep area, establish a sleep routine, and prioritize getting 7-9 hours of sleep per night.

Get some daily exposure to natural light – open a window or go outside for a walk.

Remember to keep yourself physically active. Exercise is an excellent way to reduce emotional stress and the effects can be immediate.

Focus on what you can control

Almost everyone is experiencing some degree of stress related to the pandemic. Identify the triggers and see if you can put something in place to stay ahead of them.

If weekends are tough because you feel lonely, schedule regular phone calls with friends in anticipation of these more difficult moments.

Create a routine that works for you

Creating a schedule or routine will help you to keep a sense of normalcy during these abnormal times. Teleworking and staying home may contribute to feeling fatigued, because you may actually be working longer hours and workload demands may increase.

Build on the positives

If you are finding yourself in conflict with people close to you, practice gratitude and acceptance. Consider the impact that sheltering at home is having on those close to you. How can you reach out and help your family and friends?

Set goals to accomplish while home

Sheltering at home can provide an opportunity to accomplish some new or longtime goals.

Practice mindfulness

Mindfulness is a way to ease the mind and help you center yourself and decrease anxiety. Practicing mindfulness is an effective way to reduce anxiety and improve working memory and attention.



LRMC celebrates 2020 Nurse, Medic, Tech Week

LANDSTUHL, Germany - Nurses have been celebrated around the world for decades during the month of May. In the United States, an annual week-long celebration culminates on May 12, Florence Nightingale's birthday, who is considered the founder of modern nursing.

At Landstuhl Regional Medical Center, this year's Nurse, Medic, Tech Week was held in August due to COVID-19 operations during the early response efforts to the global pandemic.

"We salute all nurses -- both military and civilian -- who have served and are currently serving our nation and our people," said Secretary of Defense Mark Esper, who along with the Chairman of the Joint Chiefs of Staff Gen. Mark Milley, thanked nurses for their efforts to combat the COVID-19 pandemic.

"This pandemic has made it abundantly clear that nurses have always been and always will be on the front lines of keeping our American communities and our American people safe," said Milley.

This year's celebration at LRMC, held Aug. 6-12, included a blessing for nurses, medics and technicians at LRMC by the hospital's religious services team, and held daily celebrations for the medical professionals including special meals, activities and recognition of individuals who have gone above and beyond expectations.

"I think it's pretty cool that they dedicate a whole week to recognize us and show appreciation for the things we do, because

it is a tough job," said U.S. Army Spc. Kaiya Hammond, a licensed practical nurse at LRMC's Department of Women's Health. "We (care for patients) every day, it's something we're used to. So it's kind of nice to have us highlighted."

Hammond, a native of Bellingham, Washington, was recognized as LRMC's LPN of the Year for 2020 during the week's closing ceremonies. Also recognized were the hospital's Advanced Practice Nurse of the Year, Registered Nurse of the Year, Medic of the Year and Medical Technician of the Year.

"These 10 awardees are just an example of the excellence and awesomeness that happens at LRMC every single day," said U.S. Army Col. Jana Nohrenberg, the chief nursing officer at LRMC. "Over 80 nominations came from all over the organization in recognition of the hard work and efforts of Team Legacy Nursing."

For the last two years, Hammond has called LRMC home, her first assignment in the Army. While exemplifying the selfless nature of nursing, Hammond has demonstrated her devotion to patient care through added training to assist other medical units in the hospital if the need comes up.

"In case the COVID-19 care team gets overwhelmed, then we're next to bat," explains Hammond. "We volunteered to care for less acute cases."

During the last year, Hammond's proficiency was tested when a hemorrhaging mom and hypoglycemic baby both required

medical attention. Hammond managed to effectively care for the pair as they waited for the obstetrics team to respond.

"(Hammond's) extraordinary dedication to Clinical Excellence, clinical acumen and ability to perform under immense pressure, exemplify excellence in nursing practice," said Nohrenberg. "This is a relatively new LPN, and the (nominations) I got (for Hammond) were just heart stopping. The things she was able to do are just absolutely amazing."

Nurses, medics and LPNs like Hammond are responsible for the care of the military community, from pediatric to geriatric patients. In the Army, roles encompass an array of medical fields including public health, critical care and ambulatory, and even research roles. Technicians support these roles through proficient medical support, from radiology services to pharmaceutical.

"I thought I'd be taking care of wounded warriors when I found out I was coming to LRMC," said Hammond, who strives to commission as an Army Nurse in the future. "I showed up and they were like, 'you like babies?' but I do like the fast pace. You really have to be on your toes because with babies they can't tell you what's wrong and things happen so fast with them. I'm grateful for the opportunity. I think it's a good starting place."



LRMC TECHNICIANS EARN TOP HONORS ACROSS ARMY MEDICINE

LANDSTUHL, Germany - From the ancient abacus to the modern day computer, information technology have propelled humans to do more, more efficiently. These devices require technicians to support their functions, such skills have been considered valuable for centuries, particularly present day.

In a demonstration of their expertise and commitment to the field, two Landstuhl Regional Medical Center technicians were lauded for their efforts during 2019.

U.S. Army Maj. Robert Hjuler, Chief Technology Officer, at LRMC, and Jonathan Conway, lead network engineer, were recognized as U.S. Army Medical Department's Health Information Technology Officer and Civilian of the Year, respectively.

"Honestly, it is an honor to be recognized, it came out of the blue for me," said Hjuler. "It's a truly team effort. I've been telling everybody this award is a recognition of all the work the team is doing."

The Mercury Awards recognize AMEDD personnel who have made significant contributions and demonstrated outstanding excellence and achievement in HIT. The awards recognize the critical nature of information and technology in mission accomplishment. The name, Mercury, recalls the Roman god known for rapid transport of essential messages and information.

Criteria for nomination includes providing contributions that have enhanced the organization's ability to do its mission, process improvements, leading change for the organization, continuous improvement, and stewardship of resources, cost savings, and personal initiative.

While the humble pair both credit their teams for the accomplishment, they oversaw various projects and services including maintaining free Wi-Fi services for visitors, improving cellular capabilities at various locations and a lifecycle refresh, replacing multiple switches, routers and other

equipment throughout Europe.

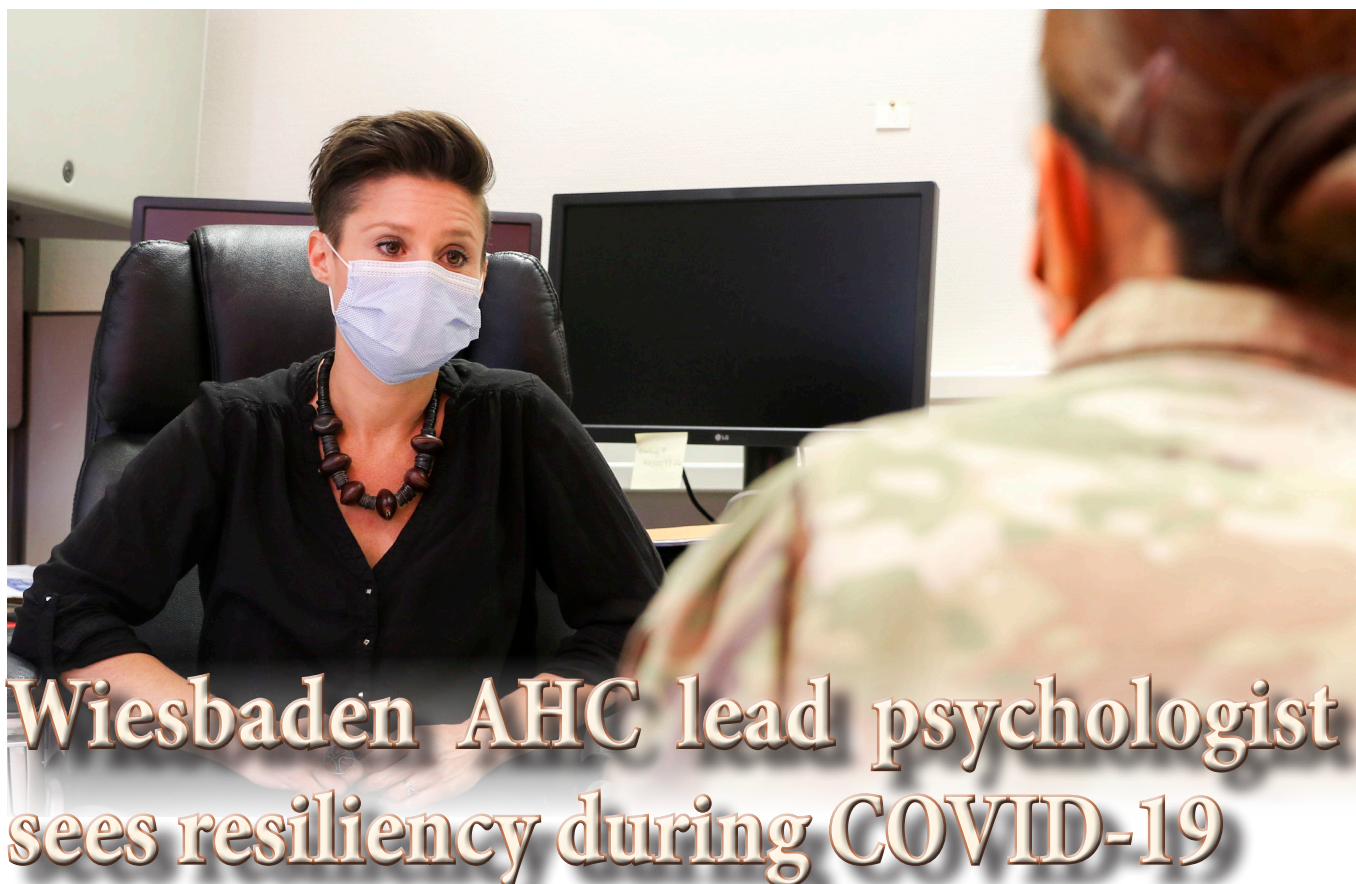
Although, Conway and Hjuler's passion toward IT didn't come with the job as Conway explains.

"I think I was born that way," he says about his inquisitive nature. "I was taking stuff apart when I was a kid, I remember taking the microwave clock out, rearranging the wires and made an alarm clock out of it. I've always been interested in computers, I was always drawn to that field."

Conway, a Marine Corps veteran, states he was further fascinated with IT after working with aviation electronics in the Marines.

For Hjuler, a career in IT wasn't initially considered as his goal was to enter the Army as a pilot, but claims he's happy with the outcome.

"My degree was actually in aviation, so I got my pilot's license and that was the path that I was trying to get in," said Hjuler, who was later assigned as a health services



Wiesbaden AHC lead psychologist sees resiliency during COVID-19

WIESBADEN, Germany - The shift from face-to-face relations to virtual interactions due to social distancing has affected millions around the world. The consequences of the pandemic go beyond medical ailments; fear, anxiety and concern are raising in the population at large.

According to the Centers for Disease Control and Prevention, the stress caused by the pandemic may possibly lead to increased health risks such as changes in sleep or eating patterns, difficulty sleeping or concentrating, worsening of chronic health problems, worsening of mental health conditions, increased use of tobacco, and/or alcohol and other substances. Although the risks may plague most societies, military training and lifestyles may have prepared Service Members for the current environment.

"Members of the military are used to adapting, they're used to different ways of communicating especially overseas," said Dr. Jaime Moore, chief of Behavioral Health at Wiesbaden Army Health Clinic. "Service Members know how to maintain contacts with people virtually, so they actually have adapted very quickly."

Nearly two decades of war have readied military personnel for the current virtual environment caused by the need for physical distancing and, at times, quarantine

and isolation.

According to the World Health Organization, the main psychological impact to date, due to COVID-19, is elevated rates of stress or anxiety. As new measures and impacts are introduced – especially quarantine and its effects on many people's usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behavior are also expected to rise.

To combat this threat, providers at the WAHC Behavioral Health Department have continued treating patients through whatever means possible.

"Behavioral health is primarily a face-to-face business. We do the vast majority of our work face to face. So it was a big shift to pivot to teleworking," said Moore, a Savage, Minnesota native. "We immediately moved all care to virtual health and just really shifted to a new way of delivering behavioral healthcare. People were concerned that that it would be problematic, but we maintained almost the same number of patient encounters."

The behavioral health mission at WAHC is to support active-duty Service Members and their families, and support the readiness of the units through individual psychotherapy, group therapy, medication management, psychological assessment,

command consultation, preventative briefings, and education. The clinic contains a staff of 25 including nurse practitioners, psychiatrists, social workers, psychologists, nurse case managers, substance abuse disorder specialists and occupational therapists.

"Behavioral health is a big part of military readiness, both making sure that that people are able to carry out the mission and perform at their peak level," explains Moore. "Also to make sure that they are able to function well in other areas of their life, with their families, and their friendships and relationships. So we try to support those that are having some struggles with behavioral health symptoms and then also be preventative and give people skills so that that they can perform at their highest level."

As services reopen, Moore notes how the clinic and environment might be different, but the mission will remain the same.

"Now our waiting room is spread out into a couple of rooms, patient care is done with masks, and the patient having a mask is somewhat challenging and uncomfortable," said Moore. "But again, members of the military are used to wearing things that are uncomfortable so they're doing okay and I think we are getting back to a new normal."



LANDSTUHL, Germany - In 2010, Stephanie Hergesheimer enlisted in the Army as a combat medic; 10 years later, she's serving as an Army nurse.

Statistically, she shouldn't be.

At a young age, the Vernon, Connecticut native entered foster care due to her mother terminating parental rights and an imprisoned father. Over the span of 15 years, Hergesheimer found herself bouncing from foster family to foster family, living in a total of 33 foster homes.

Figures looked unpromising for Hergesheimer, with only 25 percent of foster children graduating high school and less than three percent earning a college degree at any point in their life, according to the United States Department of Health and Human Services, Administration on Children, Youth, and Families, Children's Bureau.

Hergesheimer decided to prove those statistics wrong, despite her difficult childhood.

"School was my refuge," she said. "With everything that was going on, that was crazy in my life, school was my safe zone. That's where I could just focus on being a student and what I needed to get done. I could read and that would put me in a whole different world. I never had to worry about what was going on around me."

A haven for her, Hergesheimer not

only graduated high school but was also awarded a full college scholarship. Although, at the time she was looking for something else.

"I didn't know what I wanted to do with (an education)," said Hergesheimer. "I was looking for purpose and direction to make a difference in the world. I didn't feel like I was getting that just sitting in a classroom. So I gave up my scholarship and enlisted."

Hergesheimer soon found herself at a U.S. Army recruiting station, volunteering to enlist. Given three military occupational specialty choices, she was most interested in a position within healthcare due to her previous experience as a lifeguard and babysitter.

"I was always interested in like saving people's lives and it's just been what I've always wanted to do - help people," she said.

Following a tour in South Korea where she worked as an emergency room medic, Hergesheimer found herself at Fort Campbell, Kentucky where she deployed with the 101st Combat Aviation Brigade to Afghanistan. After returning, Hergesheimer

faced another hurdle after finding out she was pregnant and would soon be a single parent. Yet again, the situation only motivated her to be better.

"Right after she was born I realized I needed to do something more," said Hergesheimer. "I still wanted to do my job and I still wanted to be in the Army and wanted to take care of people."

Following orders to move to Georgia, the single mother finished her bachelor's degree, majoring in psychology. Wielding her education to her advantage, she applied for commissioning as part of the Army Medical Department's Enlisted Commissioning Program, a program designed for enlisted Soldiers to attend and graduate

See ADVERTISTY on pg. 9





(From left) Jonathan Conway, lead network engineer, Landstuhl Regional Medical Center and U.S. Army Maj. Robert Hjuler, Chief Technology Officer, LPMC, take a look at a network server at LPMC's Information Management Division, Aug. 19. Conway and Hjuler were recently recognized as U.S. Army Medical Department's Health Information Technology Civilian and Officer of the year, respectively.

MERCURY continued...

system management officer. "Once I got into (the IT field) they started going over things that had always been a hobby of mine. Like (Conway), I've been fixing things since a young age."

An Army Medicine Information Management Division is comparable to the Army's

ing and securing the Non-Classified Internet Protocol Router Network, also known as NIPRNet, a system of interconnected computer networks used by the U.S. Department of Defense and the U.S. Department of State to transmit official information, across three different countries and over 17 sites throughout the continent.

Network Enterprise Center with functions such as planning, engineering, installing, integrating and operating electronic medical health systems across an area of operations. For the LPMC team, this encompasses any Army healthcare facility across Europe, including install-

According to the award nomination, Conway was responsible for providing network services including Voice over Internet Phone, data, video infrastructure and wireless network services for every device and authorized personnel in the European Theater of Medical Operations, additionally supporting all Army Health Clinics and facilities, U.S. Army Medical Activity Bavaria, Public Health Command Europe, and Dental Health Command Europe.

Aside from overseeing activities in Conway's department, Hjuler also oversees support for over 110 computer applications and manages the customer service function of IMD for over 3,500 users. These applications include essential medical programs enabling provider to provider communications and increasing efficiency across LPMC for each patient experience.

"We manage all the data movement on the network from point A to point B, you plug your PC in the wall and we control all the rest," explains Hjuler.

"I had to become more to show (my daughter) no matter what you're going through in life, no matter what they're throwing at you, you can do it;

2nd Lt. Stephanie Hergesheimer

ADVERSITY continued...

with a Bachelor of Science in Nursing.

"I was selected in 2016 for AECP and completed my nursing degree," said Hergesheimer. "I was a single mom with a toddler and we did lots of sports and everything, all while going to school and eventually graduating with honors."

Hergesheimer, 30, is now married and a second lieutenant working at the Medical & Surgical Inpatient Ward at Landstuhl Regional Medical Center, the largest American hospital outside of the U.S., and the only American level III trauma center overseas.

Looking back, Hergesheimer believes the cynics, and her obligation to her daughter, continue driving her to succeed.

"Growing up, I was told I wouldn't make it and I wouldn't succeed just from my past," said Hergesheimer. "That definitely motivated me to prove them wrong. Then having a little daughter, having those little

eyes look up at me and tell me 'you're my hero' pushes me to do more and be better.

George Washington once said, "Example whether it be good or bad has a powerful influence." For Hergesheimer, the choice was simple: Live up to the Army Values and Warrior Ethos and set a good example for others.

"I had to become more to show (my daughter) no matter what you're going through in life, no matter what they're throwing at you, you can do it; you're not weaker than anybody else, you're just as strong," said Hergesheimer. "To other little girls that are growing up in situations similar to mine or in any situation: you



U.S. Army 2nd Lt. Stephanie Hergesheimer, a medical surgical nurse at Landstuhl Regional Medical Center, plays with her six-year-old daughter, who Hergesheimer wishes to be an inspiration for. At a young age, the Vernon, Connecticut native entered foster care due to her mother terminating parental rights and an imprisoned father. Over the span of 15 years, Hergesheimer found herself bouncing from foster family to foster family, living in a total of 33 foster homes.

don't have to be looked down upon and you don't have to feel as though you're the weaker individual. Just because you're a female doesn't mean you're weaker.

"(Women) go through a lot, the world looks at us in a certain light," said Hergesheimer. "Just because the world wants to put you in a square doesn't mean you have to be a square. You can be a diamond. You can do whatever you want, and you don't have to fit into a stereotype."

AROUND LRMC



LRMC Soldiers and staff take part in an organization-wide safety stand down, Aug. 28. The stand down included various topics such as Sexual Harassment / Assault Response and Prevention, Equal Opportunity, Behavioral Health, and travel restrictions. The event provided Soldiers and staff the opportunity for discussion and helped identify best practices to safely accomplish LRMC's mission.



(Top and bottom right) Best Practice Showcase presenters are recognized for their contributions and research during the showcase at LRMC, Aug. 6. The showcase allows clinicians the opportunity to share their studies and research in efforts to improve patient care, processes and operations throughout the military medical community.



Phillip Jones, administrative specialist, shares a tomato with a student during a student blessing service at LRMC, Aug. 23. The blessing aimed to prepare students with wisdom, understanding and good health as they start the new school year.



Nutrition Care Division
HILLTOP
Cafe

**Daily
Breakfast
Bars**

Monday
Omelet/
Egg Bar

Tuesday
Pancakes/
French Toast


Wednesday
Omelet/
Egg Bar

Thursday
Pancakes/
French Toast

Friday
Omelet/
Egg Bar

Hill Top Cafe / Warrior Restaurant

September Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		LUNCH Creamy Pasta Rotisserie Chicken Stuffed Pollock Soup: Broccoli Soup DINNER Turkey Rice Moussaka Baked Chicken	LUNCH Baked Pork Chops Beef Carne Asada Paella Peppers Soup: Tortilla Chicken DINNER Beef Lasagna Lemon Pepper Fish	LUNCH Vegetable Chop Suey Beef Bulgogi Garlic Salmon Soup: Thai Red Pepper DINNER Jerked Turkey	LUNCH Turkey Meat Loaf Brazilian Fish Stew Veggie Street Burrito Soup: Chicken Noodle Soup DINNER Chicken Makhani Cajun Baked Fish	LUNCH Baked Chicken Seasoned Beef DINNER Chicken Tetrizzini Spicy Baked Fish
LUNCH Pork Chops Roasted Turkey Macaroni and Cheese DINNER Oven Fried Chicken Bratwurst	LUNCH Bourbon Meatballs Parmesan Crusted Fish Chickpea Curry Soup: Tomatos & Pepper DINNER Five Spice Chicken Tuna Tetrizzini	LUNCH Rotisserie Chicken Dill tuna Patty Indian Korma Soup: Broccoli Soup DINNER Beef Chili Mac Broiled Fish	LUNCH Pork Adobo Southwest Chicken Skillet Vegan Black Beans Soup: Tortilla Soup DINNER Chicken Tandouri Fried Pork Chops	LUNCH Ratatouille Rosemary Chicken Beef Stifado Soup: Minestrone DINNER Mongolian Beef Jerked Turkey	LUNCH Turkey Meat Loaf Brazilian Fish Stew Veggie Street Burrito Soup: Chicken Noodle Soup DINNER Chicken Makhani Cajun Baked Fish	LUNCH Baked Chicken Seasoned Beef DINNER Chicken Tetrizzini Spicy Baked Fish
LUNCH Baked Pollock Beef Stew DINNER Chicken Curry Battered Pollock	LUNCH Beef Pot Roast Garlic Chicken Black Eyed Peas Soup: New England Clam Chowder DINNER Pollock Chicken Fajitas	LUNCH Creamy Pasta Rotisserie Chicken Stuffed Pollock Soup: Broccoli Soup DINNER Turkey Rice Moussaka Baked Chicken	LUNCH Baked Pork Chops Beef Carne Asada Paella Peppers Soup: Tortilla Chicken DINNER Beef Lasagna Lemon Pepper Fish	LUNCH Vegetable Chop Suey Beef Bulgogi Garlic Salmon Soup: Thai Red Pepper DINNER Jerked Turkey	 U.S. AIR FORCE Special Meal 73rd Air Force Birthday	LUNCH Baked Chicken Seasoned Beef DINNER Chicken Tetrizzini Spicy Baked Fish
LUNCH Pork Chops Roasted Turkey Macaroni and Cheese DINNER Oven Fried Chicken Bratwurst	LUNCH Bourbon Meatballs Parmesan Crusted Fish Chickpea Curry Soup: Tomatos & Pepper DINNER Five Spice Chicken Tuna Tetrizzini	LUNCH Rotisserie Chicken Dill tuna Patty Indian Korma Soup: Broccoli Soup DINNER Beef Chili Mac Broiled Fish	LUNCH Pork Adobo Southwest Chicken Skillet Vegan Black Beans Soup: Tortilla Soup DINNER Chicken Tandouri Fried Pork Chops	LUNCH Ratatouille Rosemary Chicken Beef Stifado Soup: Minestrone DINNER Mongolian Beef Jerked Turkey	LUNCH Turkey Meat Loaf Brazilian Fish Stew Veggie Street Burrito Soup: Chicken Noodle Soup DINNER Chicken Makhani Cajun Baked Fish	LUNCH Baked Chicken Seasoned Beef DINNER Chicken Tetrizzini Spicy Baked Fish
LUNCH Baked Pollock Beef Stew DINNER Chicken Curry Battered Pollock	LUNCH Beef Pot Roast Garlic Chicken Black Eyed Peas Soup: New England Clam Chowder DINNER Pollock Chicken Fajitas	LUNCH Creamy Pasta Rotisserie Chicken Stuffed Pollock Soup: Broccoli Soup DINNER Turkey Rice Moussaka Baked Chicken	LUNCH Baked Pork Chops Beef Carne Asada Paella Peppers Soup: Tortilla Chicken DINNER Beef Lasagna Lemon Pepper 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 a.m. | Lunch: 11:30 a.m. - 1 p.m. | Dinner: 4:30 - 6 p.m.

Weekends and Holidays: Breakfast: 7 - 9 a.m. | Lunch: 11:30 a.m. - 1 p.m. | Dinner: 4:30 - 6 p.m.

**Menu is subject to change.

the spotlight



U.S. Army Lt. Col. Leslie Forbesmariani (right), chief of Clinical Pastoral Division at LRM, holds a student blessing at LRM, Aug. 23. The blessing aimed to prepare students with wisdom, understanding and good health as they start the new school year.

ONE TEAM. ONE PURPOSE.

Selfless Service.

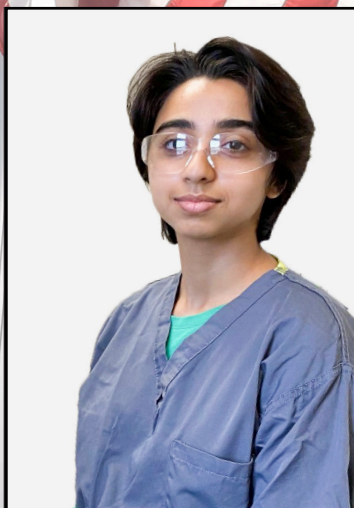


U.S. Army Col. Michael Weber (left), commander, LRM, and Command Sgt. Maj. Thurman Reynolds, former command sergeant major at LRM, visit the 16th Sustainment Brigade's Culinary Outpost food truck, which provided support to LRM Nutrition Care Division during renovations at the Hill Top Cafe/Warrior Restaurant, July 23.



86th MDS SPOTLIGHT

**Airman 1st Class
Katie Shanahan**
Medical Technician
OB/GYN Clinic



DCPS SPOTLIGHT

Spc. Heeral Lakhani
Healthcare Specialist
Physical Medicine/Rehabilitation Clinic



DCPS SPOTLIGHT

Lauri Kizler
Occupational Therapist
Interdisciplinary Pain Management Center