

# the LEGACY

Landstuhl Regional Medical Center

July 2022

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## KAHC relinquishes mission command, pg. 5

U.S. Army Maj. Stephen Harmon, commander at U.S. Army Health Clinic Kaiserslautern (USAHC-K), and U.S. Army Sgt. 1st Class April Luikart, noncommissioned officer in charge at USAHC-K, cased the clinic's guidon to signify the unit's relinquishing of mission responsibility to Landstuhl Regional Medical Center (LRMC) during a transfer of authority ceremony at Kleber Kaserne in Kaiserslautern, Germany, on June 3.

**INSIDE:**

LRMC welcomes new senior enlisted, pg. 6

LMRC research aims to aid deployed females, pg. 8

# Events and Training Calendar

- July 1: Class "B" Uniform
- July 4: Independence Day (Federal Holiday)
- July 5: Minimal Manning Day
- July 6: LPMC Annual Training
- July 7: Hospital Newcomers Orientation
- July 8: Monthly Awards Ceremony
- July 13: TeamSTEPPS
- July 19-22: Nijmegen March
- July 19: LPMC Town Hall
- July 19: DWMMC Awards Ceremony
- July 20: LPMC Annual Training
- July 20: DWMMC Transfer of Authority
- July 21: Hospital Newcomers Orientation

## Lunch & Latch



Bring your lunch and baby for a breastfeeding support meeting during World Breastfeeding Week.

Three Internationally-Board Certified Lactation Consultants will be available.

Don't miss this opportunity to meet, network and learn with other parents around the KMC.

Light refreshments will be provided.

**LRMC Dining Facility (Kirchberg Room)**

## the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER  
July 2022 • Vol. 3, No. 14

**Commander:** Col. Andrew L. Landers  
**Command Sgt. Maj. Omar Mascarenas**  
**Public Affairs Chief / Editor:** Marcy Sanchez

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 @LRMC\_Landstuhl

# Our greatest strength



**Command Sgt. Maj. Omar Mascarenas**

Command Sergeant Major  
Landstuhl Regional Medical Center

I am truly honored to serve alongside you at the Landstuhl Regional Medical Center. It is my goal to lead you as best as I can, instilling in each of you the purpose, direction, and motivation to accomplish the mission and improve our organization.

People are the commander's and my number one priority! People are our greatest strength. People are the centerpiece of the Armed Services, both uniformed and civilian, we must take care of our people and provide a positive command climate where everyone is treated with dignity and respect. Leaders and supervisors: recognize your team members' unique talents, give them a purpose, a feeling of belonging and a say in their pathway to success, your entire team will perform better and make Team LPMC stronger.

The strength of our Army comes from the diversity of our people. The Army is a culturally diverse group of men and women, particularly here where our team is also comprised of Local Nationals, which is why we need to focus on our people and make sure everyone feels that they are a valued member of the team.

It is the people of LPMC who must continue to be one of exceptionally professional, proficient, and proactive teams led by leaders who

are empowered to ensure we continue to provide high-quality, compassionate and safe patient care.

LRMC has a unique mission like no other in the Military Healthcare System. We are entrusted to ensure that if something happens to our Warfighters, we will take care of them so they may return home to their families. I am very proud of what you have accomplished and look forward to working with you all as a team and getting to know your story.

Lastly, I will reiterate something that I said during my Assumption of Responsibility. I pledge to you my unwavering commitment to our important mission set and my 100 percent dedication to Team LPMC. I am proud to be on your team.

Leadership Matters!  
People First!

Army Medicine is Army Strong!

CSM Omar A. Mascarenas

# Kleber Army Health Clinic relinquishes mission responsibility

By John Ciccarelli

Public Affairs Specialist

Landstuhl Regional Medical Center

U.S. Army Health Clinic Kaiserslautern (USAHC-K) cased the battalion's guidon to signify the unit's relinquishing of mission responsibility to Landstuhl Regional Medical Center (LRMC) during a transfer of authority ceremony at Kleber Kaserne in Kaiserslautern, Germany, on June 3.

Although the clinic will no longer be considered a battalion-level command, USAHC-K's mission, services and beneficiary population will remain the same.

USAHC-K was originally designated as the 913th Medical Detachment, an outpatient clinic of the 2nd General Hospital, or what is now known as LRMC. USAHC-K serves over 4,000 beneficiaries with primary and ancillary care in direct support of theater campaign plans for U.S. European Command (EUCOM). It provides mission command to the Primary Care Medical Home, laboratory, radiology, patient administration, medical logistics, pharmacy, and

COVID-19 operations. The clinic also ensures medical readiness for over 60 units assigned to the Kaiserslautern military community.

Casing the guidon represents a new era in serving the soldiers and families of LRMC.

"While many families receive their primary care at LRMC, it's the tight-knit community clinics like Kleber, which make Americans here, who are thousands of miles away from home, feel like they are home," U.S. Army Col. Andrew Landers, Commander at LRMC, said at the ceremony. "It's not the closure of the 'small but mighty' clinic, but rather an opportunity to enhance the service we provide to our joint warfighters and their families."

Landers noted the successful completion of command by U.S. Army Maj. Stephen Harmon.

"In addition to taking over the challenges of mandatory COVID-19 vaccinations, for the majority of

deploying soldiers, Stephen ensured Kleber soldiers and civilians were always trained and proficient, as evidenced by their 'always-green' status, the envy of the other outlying clinics," he said.

Landers also applauded Kleber staff for their instrumental service during Operation Allies Refuge/ Operation Allies Welcome.

"The clinic itself diverted most services to LRMC as the staff worked for hours on end, days which turned into nights, ensuring with an unwavering resolve that America's promise to safeguard these individuals would be kept," he said.

During his parting address, Maj. Harmon thanked his team and family while encouraging incoming leadership to continue the command's success.

"I am truly sad to be leaving the command and this outstanding organization. To the officers, (non-commissioned officers), Soldiers and

civilians at Kleber, it has been an honor and absolute pleasure to have been your commander the last 11 months," said Harmon. "Although your team is small in numbers, your mission is vast. People are the Army's greatest resource. If you do this one thing well, everything else will fall into place."

Since 2019, USAHC-K averages 42 primary care visits, six lab services, 88 prescriptions, seven vaccinations and four radiology services a day.

There will be no change to service. All patients may utilize the LRMC network of providers for future healthcare needs

## Timeline of USAHC-K Operations

- In 1994, the 913th Medical Detachment became the USAHC-K, converting from a Modification Table of Organizational Equipment unit to a Table of Distribution and Allowances (TDA) unit offering primary care to active-duty personnel only.
- In 1997, the USAHC-K opened its doors to all active-duty soldiers, family members, retirees and DOD civilians' beneficiaries in the Kaiserslautern military community.
- In June 2014, the U.S. Army Health Clinic Baumholder (USAHC- Baumholder) assumed mission command over USAHC-K.
- In January 2019, USAHC-K began directly reporting to LRMC.
- On Sept. 1, 2021, USAHC-K closed down patient care operations for six weeks to provide role 1 medical support to Operation Allies Refuge/ Operation Allies Welcome at Ramstein Air force Base in Germany. The USAHC-K soldiers and civilians began working 12- hour rotating shifts providing medical and humanitarian support for the operation.



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)

## LRMC WELCOMES NEW SENIOR ENLISTED

By John Ciccarelli  
Public Affairs Specialist  
Landstuhl Regional Medical Center



Landstuhl Regional Medical Center (LRMC) welcomed its newest top enlisted Soldier during an Assumption of Responsibility Ceremony, June 16.

Command Sgt. Maj. Omar Mascarenas joined the U.S. Army in June 1992 and was previously assigned to the Dental Health Command-Atlantic in Fort Belvoir, Virginia. He has held key leadership positions throughout U.S. Army Medical Command.

"Command Sgt. Maj. Mascarenas is the right leader at the right time. I am extremely excited to have you as my CSM, command teammate, and I am honored and privileged to serve alongside you," U.S. Army Col. Andrew Landers, commander, LRMC, said at the ceremony.

"Team LRMC cannot succeed without your leadership and support. I will rely heavily on you to assist me, into fulfilling the duties and responsibilities to this historic organization. You are the standard bearer for the organization and at the end of the day our mission is about taking care of people, and that's what we will be focusing on."

After the ceremonial passing of the colors, Mascarenas addressed

the LRMC

community for the first time as the organization's senior enlisted leader.

"I stand before you humbled, honored and grateful to have been selected to serve as the next LRMC command sergeant major," he said. "Landstuhl is world famous for the high-quality care you have been providing to wounded warriors for over 69 years and outstanding care for over 200,000 beneficiaries throughout Europe. I promise that my family and I will be committed and dedicated to ensuring team LRMC continues to be a leader in the Military Health System."

LRMC is 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 a verified Level II Trauma Center by the American College of Surgeons, the only Level II trauma center overseas, and the only American Trauma Center associated with a foreign trauma system.



## Wiesbaden Army Health Clinic welcomes new commander

By John Ciccarelli  
Public Affairs Specialist  
Landstuhl Regional Medical Center

The U.S. Army Wiesbaden Army Health Clinic (WAHC) conducted a change of command ceremony where Lt. Col. James McWherter relinquished command to Lt. Col. Erica Kane, at the U.S. Army Garrison Wiesbaden chapel, June 10.

During the ceremony, U.S. Army Col. Andrew L. Landers, commander of Landstuhl

Regional Medical Center (LRMC), commended McWherter's accomplishments, including the support of Operation Allies Refuge/Operation Allies Welcome and the management of healthcare operations during the COVID-19 pandemic. WAHC has executed over 10,000 COVID tests, conducted 167 mass vaccination events and traced more than 1,600 COVID positive

patients.

"You are leaving your legacy and footprint in this great community," Landers said. "Truly making our vision of excellence through teamwork a reality."

McWherter has served as WAHC's commander since June 2020 and will now

**"From all levels this team has stepped up, taken the reins, and made it happen. Above all they are the epitome of resilient professionals."**

**- Lt. Col. James McWherter**

be attending Senior Service College at the U.S. Naval War College in Rhode Island.

"It has been an absolute pleasure to serve as the commander here but at the same time, I feel completely humbled by the support we received and the teamwork I witnessed every day," said McWherter, a native of Chaumont, New York. "This clinic is made up of the most talented, dedicated

and compassionate people I have ever worked with. From all levels this team has stepped up, taken the reins, and made it happen. Above all they are the epitome of resilient professionals."

Kane, is joining the clinic after serving as the medical organizational integrator, G-3/5/7, Force Management, Headquarters Department of the Army. WAHC, the home of Army Medicine in Wiesbaden, Germany, provides patient-centered care to over 10,000 beneficiaries.

"There is no doubt that the strength of our service, the strength of Landstuhl Regional Medical Center, and the strength of Wiesbaden Army Health Clinic is in dedicated people and a strong team, and I expect nothing but excellence in the

coming years," said Landers.

"I am deeply honored and excited to join your team and I thank all of you in advance for all that you will continue to do to enable readiness and adapt to mission demands with absolute professionalism and expertise," Kane said. "I sincerely look forward to what we will accomplish together."

## LMRC research aims to aid deployed females

Courtesy Story  
Landstuhl Regional Medical Center



(U.S. Army photo by Sgt. Quintin Gee, 24th Theater Public Affairs Support Element)

In 2021, nearly 230,000 women were serving on active duty across the military services. Today's global threats, radical terrorism, and projected future battlespace have led to a more lethal force requirement.

Historically, creating a more lethal force involved the male warfighter. The need for warfighters to operate in hostile environments, where it is culturally inappropriate for men to engage with women and children, in addition to recent legislation which diversified military occupations and specialties, has opened the door for qualified women to serve in combat - on special, small-mission warfare teams (i.e., Army Cultural Support Team [CST], Marine Female Engagement Team [FET]).

Serving as a female warfighter in any military branch and occupation/specialty necessitates robust training and high deployment tempos. Serving in austere environments presents sex-specific health challenges for female warfighters, which often cannot be addressed promptly for various reasons. These challenges commonly emerge as urogenital health issues.

To combat delayed care, a team of women's healthcare providers and researchers at Landstuhl Regional Medical Center aim to develop Department of Defense-wide education and training for female warfighters in austere environments and also launch an innovative, self-test / self-diagnose and self-treatment kit to help women detect and treat urogenital infections.

Urogenital health issues include any health

problem that affects the urinary and genital tract. It is not deployment which is associated with increased risk—rather, it is the austerity of the environment. Some environmental challenges for the female warfighter include diminishing to no availability of water, sanitation, and hygiene resources. The lack of resources may lead to changes in health, hygiene practices and behaviors. These changes are directly linked to increased risk for urogenital infections. Additionally, these health risks demand privacy and appropriate early detection and intervention which may be difficult to obtain in deployed environments. Other risks involve overcoming the demands of the body by depriving it of basic necessities such as intentionally dehydrating to avoid urination. Further, these deployed females report resorting to urinating in plastic bottles and bags, or wearing disposable briefs. These examples of poor health and hygiene practices and behaviors increase the risk for common urogenital infections such as urinary tract infections, bacterial vaginosis, and vaginal yeast infections.

From 2008 to 2013, these urogenital infections were reported as one of the top five reasons for all medical encounters and one of the top seven reasons for all medical evacuations from deployed locations. Female warfighters have also reported feeling embarrassed to seek healthcare for urogenital symptoms and describe fear and anxiety for being wrongfully accused of engaging in sexual activity or being promiscuous.

The proposed kit is an example of first-line

medical care available to our female warfighters. It is anticipated such a Kit, containing diagnostic and other innovative components, would encourage and improve early detection and treatment of common urogenital infections in female warfighters. Early detection and treatment will maintain healthy, mentally prepared, and physically trained female warfighters. The innovative kit would also contain a self-detection rapid test designed to detect yeast infections of the vulva and vagina, a first of its kind in women's health care.

To date, there is no such Food and Drug Administration-approved rapid test available on the U.S. market. Ongoing, high-visibility, multi-site clinical trials are currently being conducted to seek FDA approval for over-the-counter use. The following Military Treatment Facilities are participating in trials: Landstuhl Regional Medical Center (LRMC); Navy Medicine Readiness & Training Command San Diego (NMRTCSO); Womack Army Medical Center (WAMC); and Navy Medicine Readiness Training Command Portsmouth (NMRTCP).

At LRMC's Women's Health Clinic all beneficiaries scheduled for gynecological care meeting the study criteria will be offered the opportunity to participate.

# CODE

## UNLOCK YOUR POTENTIAL

Reintroducing CODE...the artists formerly known as



Chances are that you or a colleague has had an opportunity to work on leadership skills, attend the Executive Leadership Course or Arbinger Workshops, or perhaps you or your team has had a team/trust building intervention like Deep Colors or conflict resolution. If so, you likely knew us as the Workforce Engagement Office (WEO) and we were located in building 3700. This named has caused some confusion over the years as to the true nature of our work and the WEO team needed to crack the CODE on this and unlock our own potential (Cheesed out yet? Keep reading, it gets cheesier).

### OUT WITH THE OLD, IN WITH THE NEW:

We are now the Center of Organizational Development and Engagement (CODE) and we reside in building 3898, room 5 (see attached map).

This allows us to be more convenient for the confidential conversations we have with folks. With a private entrance, a secluded tree line, the comforts of the best coffee in town/water/tea make this 80s trailer feel like you're sitting fireside in an Aspen lodge. The company you will find is exquisite as well. Contemporary Historian, Dog-Whisperer, and Leader Developer, Mr. Nate Shivers; Workplace Psych Nerd and Chaos Coach, Dr. Angela Karnes Padron; No-Drama Mama Woosah Nurse and Outward Mindset Guru, LTC Jerremie Siegfried, and Bedazzling Former 1SG and People Sage, MSG Maria Ferotti currently make up the CODE quad squad (see pictures).

### WAYS WE CAN SUPPORT:

CODE acts as a neutral support, where you can bring issues, questions, concerns regarding your own leadership concerns, team dynamic needs, or trust building needs in a safe and confidential, non-judgmental environment.

Individual support through personal coaching, leadership development, and a safe neutral assessment of your team's culture.

Team support with group development, moving through the stages of form, storm, norm, perform, and transform, morale events which takes teams from good to great, and trust-building events with deeper challenges around communication and conflict.

Conflict resolution support happens when trust has been broken between 2 or more people and a genuine willingness exists with all members to truly resolve and rebuild trust.

Organizational support through a strategic cultural focus, using a human systems approach to building higher trust, more effective performance, and greater resiliency.

For more information or questions please reach us at 314-590-2633 (CODE), [usarmy.lrmc.code@mail.mil](mailto:usarmy.lrmc.code@mail.mil) or visit us at building 3898 in room 5.



## LRMC combines women's health services

On July 15, Landstuhl Regional Medical Center is slated to combine two women's health services to optimize staff utilization while maintaining the same quality of care for patients in the Kaiserslautern Military Community.

The combined nursing staff from the Labor and Delivery and Mother Baby Units will co-locate to the current L&D area to form the new Labor, Delivery, Recovery and Postpartum unit (LDRP). This concept will allow patients to deliver, recover and receive postpartum care in the same room after delivery, for both vaginal delivery and cesarean section.

This provides a higher level of family-centered care while increasing comfort and familiarity with the care team. Additionally, combining the units will augment current staff levels, decrease turnovers and as a

result improve overall patient safety.

"Our goal is to better serve our patients by making safe changes where possible," said U.S. Army Col. Andrew Landers, commander, LRMC. "We are constantly evolving to meet the demands of our beneficiaries and advances in health care. These changes will not only be beneficial to our patients, but also our staff."

With the combined LDRP, LRMC leaders expect staff schedules to allow for more training opportunities or even augment other units within the hospital.

The merger is expected to happen seamlessly with little interruption to patient care or access to care.

## FAQs:

**How will this affect me?**

There will be no impact to the quality of care you receive at LRMC, simply just a change to our processes. Because labor is unpredictable, we'll continue to maintain our current Mother Baby Unit as an "overflow" unit where recovering mothers may be transferred in case our LDRP reaches capacity. Our goal is to keep families in place for as long as possible until discharge.

**as you want to be with us!**

**Does this affect my birth plan?**

Our nurses and providers are excited to discuss and support your birth plan to our fullest ability and our focus remains on safe delivery and care for you and your newborn.

**Will the visitation policy change?**

**LRMC visitation policy will remain: one visitor per admitted patient, in order to decrease the footprint across the hospital and keep mothers and newborns safe, along with hospital staff who are here for their care!**

# Hill Top Cafe / Warrior Restaurant

## July Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					LUNCH Creole Shrimp & Rice Sukiyaki Beef Paella Stuffed Peppers  Soup: Red Thai Chicken Curry  DINNER Broccoli Quiche, BBQ Pork Loin Wild Rice, Cauliflower	LUNCH Savory Baked Chicken Honey Glazed Ham, Hopping John Zucchini & Tomatoes, Washed Potatoes  DINNER Broccoli Cheese & Rice Casserole Battered Pollock, Broccoli Oven Browned Potatoes
LUNCH Roasted Turkey Yankee Pot Roast, Vegan Sloppy Joes Asparagus, Macaroni & Cheese  DINNER Vegetarian Lasagna Pineapple Chicken Breast Roasted Cauliflower, Rice	LUNCH Szechwan Chicken Breaded Cod Pasta Provencal  SOUP: Hearty Tomato  DINNER 3 Cheese Penne Pasta Braised Pork Chops Italian Vegetables, Potatoes	LUNCH Rotisserie Chicken Beef Carne Asada Vegetarian Chili  SOUP: Chicken Tortilla  DINNER Black Bean Vegan Chili Sweet & Sour Pork Chops Mixed Vegetables	LUNCH Latin Cod Teriyaki Chicken Three Bean Tacos  SOUP: Spicy Black Bean  DINNER Paella Stuffed Peppers Honey Chipotle Chicken Roasted Carrots, Rice	LUNCH Greek Lemon Turkey Pasta Beef Stifado Red Beans & Rice  SOUP: Cream of Cauliflower  DINNER Vegetarian Jambalaya BBQ Chicken Breast Green Beans, Mashed Potatoes	LUNCH Cajun Salmon w/ Pineapple Salsa Sesame Chicken Vegan Lentil Curry  SOUP: Chicken  DINNER Chickpea Curry Mexican Chicken Breast Roasted Broccoli, Brown Rice	LUNCH Salisbury Steak Chicken Tetrazzini Vegetable Quiche Spinach, Carrots, Washed Potatoes  DINNER Spinach Lasagna Stuffed Pollock White Rice, Mixed Vegetables
LUNCH Beef Yakisoba Honey Mustard Chicken Vegetable Penne Pasta Broccoli, Mashed Potatoes  DINNER Eggplant, Parmesan Spaghetti & Meatballs Cauliflower, Buttered Potatoes	LUNCH Szechwan Chicken Breaded Cod Pasta Provencal,  SOUP: Hearty Tomato  DINNER Vegetable Curry & Rice Beef & Broccoli Stir Fry Curry Cauliflower, Rice	LUNCH Shrimp Jambalaya Beef Curry Vegetarian Lasagna,  SOUP: Herbed Tomato & Lentil  DINNER Italian Broccoli Pasta Chicken Lasagna Italian Roasted Potatoes	LUNCH Garlic Butter Cod Caribbean Chicken Pasta Primavera  SOUP: Chicken Tortilla  DINNER Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice	LUNCH Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes  SOUP: Minestrone  DINNER Tortellini Alfredo Rosemary Cod Noodles Jefferson	LUNCH Creole Shrimp & Rice Sukiyaki Beef Paella Stuffed Peppers  Soup: Red Thai Chicken Curry  DINNER Broccoli Quiche, BBQ Pork Loin Wild Rice, Cauliflower	LUNCH Savory Baked Chicken Honey Glazed Ham, Hopping John Zucchini & Tomatoes, Washed Potatoes  DINNER Broccoli Cheese & Rice Casserole Battered Pollock, Broccoli Oven Browned Potatoes
LUNCH Roasted Turkey Yankee Pot Roast, Vegan Sloppy Joes Asparagus, Macaroni & Cheese  DINNER Vegetarian Lasagna Pineapple Chicken Breast Roasted Cauliflower, Rice	LUNCH Szechwan Chicken Breaded Cod Pasta Provencal,  SOUP: Hearty Tomato  DINNER 3 Cheese Penne Pasta Braised Pork Chops Italian Vegetables, Potatoes	LUNCH Rotisserie Chicken Beef Carne Asada Vegetarian Chili  SOUP: Chicken Tortilla  DINNER Black Bean Vegan Chili Sweet & Sour Pork Chops Mixed Vegetables	LUNCH Latin Cod Teriyaki Chicken Three Bean Tacos  SOUP: Spicy Black Bean  DINNER Paella Stuffed Peppers Honey Chipotle Chicken Roasted Carrots, Rice	LUNCH Greek Lemon Turkey Pasta Beef Stifado Red Beans & Rice  SOUP: Cream of Cauliflower  DINNER Vegetarian Jambalaya BBQ Chicken Breast Green Beans, Mashed Potatoes	LUNCH Cajun Salmon w/ Pineapple Salsa Sesame Chicken Vegan Lentil Curry  SOUP: Chickies  DINNER Chickpea Curry Mexican Chicken Breast Roasted Broccoli, Brown Rice	LUNCH Salisbury Steak Chicken Tetrazzini Vegetable Quiche Spinach, Carrots, Washed Potatoes  DINNER Spinach Lasagna Stuffed Pollock White Rice, Mixed Vegetables
LUNCH Roasted Turkey Yankee Pot Roast, Vegan Sloppy Joes Asparagus, Macaroni & Cheese  DINNER Vegetarian Lasagna Pineapple Chicken Breast Roasted Cauliflower, Rice	LUNCH Szechwan Chicken Breaded Cod Pasta Provencal,  SOUP: Hearty Tomato  DINNER Vegetable Curry & Rice Beef & Broccoli Stir Fry Curry Cauliflower, Rice	LUNCH Shrimp Jambalaya Beef Curry Vegetarian Lasagna,  SOUP: Herbed Tomato & Lentil  DINNER Italian Broccoli Pasta Chicken Lasagna Italian Roasted Potatoes	LUNCH Garlic Butter Cod Caribbean Chicken Pasta Primavera  SOUP: Chicken Tortilla  DINNER Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice	LUNCH Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes  SOUP: Minestrone  DINNER Tortellini Alfredo Rosemary Cod Noodles Jefferson	LUNCH Creole Shrimp & Rice Sukiyaki Beef Paella Stuffed Peppers  Soup: Red Thai Chicken Curry  DINNER Broccoli Quiche, BBQ Pork Loin Wild Rice, Cauliflower	LUNCH Savory Baked Chicken Honey Glazed Ham, Hopping John Zucchini & Tomatoes, Washed Potatoes  DINNER Broccoli Cheese & Rice Casserole Battered Pollock, Broccoli Oven Browned Potatoes

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.



Troop Command holds a Relinquishment of Responsibility ceremony where the battalion bid farewell to its top enlisted Soldier, Command Sgt. Maj. John Contreras, June 7. Contreras is slated to serve as the Tripler Army Medical Center command sergeant major.



LRMC Soldiers, Airmen and staff celebrated Pride Month with inspiring stories from our own staff who are part of the LGBTQ community, June 28. Throughout June, LRMC joined the nation in paying tribute to the lesbian, gay, bisexual, transgender and queer community. The selfless and dedicated service of brave LGBTQ Service Members and Civilians has made our military stronger and the nation safer.



Landstuhl Regional Medical Center Command Team stand aside civilian awardees during the Commander's Civilian Award Ceremony, June 30. Awardees - 5 Years of Service: Nizama Betts, Haley Photis, Kristen Shanahan; 10 Years of Service: Norma Smith; 15 Years of Service: Martha Farley; 35 Years of Service: Diana Kralj, Ruediger Loew, Lothar Weidler; 40 Years of Service: Uwe Niebergall; Honorary Awards: Lisa Jessen; Pia Kessler, Christopher Mulla.