

the LEGACY

Landstuhl Regional Medical Center

June 2022

Vol. 3, No. 13

(From left) Spc. Caleb Nawman, Sgt. Dean Santos, Spc. Emilia Grant, Staff Sgt. Christian Manjarrez, 1st Lt. Zachary Rojas and Sgt. Jhoshua Alfaro, a six-person team representing Landstuhl Regional Medical Center, compete in Regional Health Command Europe's Best Leader Competition, May 24,



Army Medicine Europe's Best Squad

Pg. 8

INSIDE:

Dermatology holds over 200
skin screenings .. pg. 4

LRMC CNS boasts importance
of research... pg. 10

Events and Training Calendar

June 1: RHCE Change of Command

June 1: TSG / RHCE CG Leaders panel (Heaton)

June 2: Commander's Award Ceremony (Heaton)

June 2: Hospital Newcomer's Orientation (Heaton)

June 3: Kleber AHC Relinquishment of Mission Responsibility

June 6: RHCE CG Town Hall (Heaton)

June 10: Wiesbaden AHC Change of Command

June 14: Army Birthday (DFAC)

June 15: LPMC Annual Training (Heaton)

June 16: LPMC CSM Assumption of Responsibility (Heaton)

June 17: Minimal Manning

June 20: Juneteenth Observed (Federal Holiday)

June 22: Retiree Survivor's Workshop

June 28: EO Observance (Heaton)

June 29: TeamSTEPPS (Heaton)

June 30: LPMC Civilian Awards Ceremony (Heaton)

CALLING ALL WOMEN

Females benefit from taking control of their own gynecological healthcare & resolution of infections independently. We invite you to help us with the development of an easy to use, self-test kit for vaginal yeast infections. Our multisite study is seeking FDA approval for a self-test yeast infection detection device.



(USUHS) IRB 1
IRB NUMBER: USUHS 2020-058-003
IRB APPROVAL DATE: 09/08/2021
IRB EXPIRATION DATE: 10/07/2022

Who can participate?

- Any female beneficiary of the Department of Defense Military Healthcare System
- 18 years of age or older
- Ability to read and write English
- Not currently pregnant
- No vaginal bleeding at the time of exam
- No use of vaginal anti-fungal meds in last 7 days
- Without history of sexual abuse

What is involved?

- Answer a few questions about any vaginal symptoms you may be experiencing
- Run a vaginal yeast test, which includes collecting a vaginal sample using a swab, reading your result
- Answer a few questions about your experiencing running the vaginal yeast test
- Allow your healthcare provider to perform a speculum exam and collect samples of your vaginal discharge using vaginal swabs

How much time does this study take?

- 30 - 45 minutes immediately prior to your Woman's Health appointment

When would you participate?

- You can participate during your next gynecology visit in the Women's Health Clinic!

How can you participate or have questions?

- Contact Research Coordinators
 - Kristi Norcross: kristi.norcross.ctr@usuhs.edu
 - Heather Smith: heather.smith.ctr@usuhs.edu
- To Contact the LPMC Principal Investigator
 - Dr. William J Brown: william.j.brown10.mil@mail.mil

Further questions for our Clinical Trial Sponsor:

- Dr. Elizabeth Kostas-Polston at elizabeth.kostas-polston@usuhs.edu

the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER
June 2022 • Vol. 3, No. 13

Commander: Col. Andrew L. Landers

Command Sgt. Maj. Oscar Mascarenas

Public Affairs Chief / Editor: Marcy Sanchez

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<https://Landstuhl.TRICARE.mil>

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@LRMC_Landstuhl

Each Day - A New Day

Col. Andrew L. Landers

Commander

Landstuhl Regional Medical Center

Team LPMC,

It's the season of change. Kids are out of school, some of you may PCS and here at the hilltop, we may see a lot of turnover once again. During this time of change, I ask you to reflect on what you've done over the past two or three years here. What you've done for your family, for your section, and overall for our Joint Warfighters. Is there any room for improvement? Did you meet the goals you set for yourself while coming over to Europe? I hope you did. If not, make a plan to overcome obstacles which caused you to stagnate. Remember, each day is a new day and we can't live in the past but we should live for the future.

On that note, June is a special month for many people, recognizing the efforts of men and women who refused to do nothing. Such efforts are recognized on June 12, during Women Veterans Day, for the courage and fortitude of women like Deborah Sampson, who disguised herself as a man to serve in the Continental Army and Dr. Mary Walker, first and only woman to have been presented the Medal of Honor. Women have served alongside men since the Revolutionary War. The day commemorates the anniversary of the Women's Armed Services Integration Act, a law enabling women to serve as permanent, regular members of the Armed Forces. Join me in thanking our



U.S. Army Col. Andrew Landers, commander, LPMC, hosts a town hall for all LPMC and Army Health Clinic staff members, families and interested parties to discuss current and future events, May 19. The Commander's Town Halls are a monthly occurrence to provide individuals opportunities to discuss organization-wide concerns, comments or initiatives, with an aim to provide answers or a solution.

Women Veterans who are our mothers, sisters, daughters, during this day which recognizes their unwavering commitment to our Nation.

During June we also celebrated the Army's 247th Birthday, another symbolic date during a profoundly challenging time for our Nation. Unfailingly, the Army has been there when needed since 1775. Our Army has always been steadfast, and today is no exception. The numerals that make up this year's birthday – 2, 4 and 7 – are significant for two reasons. First, because the Army has existed for 247 years. And second, because the Army is there to defend our nation 24/7. In fact, "Defending America 24/7" is the theme of this year's birthday celebration. Through service, Soldiers contribute to something greater than themselves and build a strong future and a stronger Nation.

The month of June is also significant to the LGBT community as Pride Month commemorates the proud legacy of lesbian, gay, bisexual and transgender men and women who are part of our nation and our Army. The Army relies on our diverse backgrounds, perspectives, and expertise to enable us to address the complex challenges of the world. We embrace our differences as individuals because together we are one.

Finally, our newest federal holiday,

Juneteenth National Independence Day, will be observed June 20. The day recognizes the formal extension of liberties enumerated in the Declaration of Independence to Black Americans. Two years following President Abraham Lincoln's Emancipation Proclamation, which legally freed slaves throughout the Confederate States, many Black Americans were still enslaved, unaware of these rights and the freedoms they were entitled to. This was accomplished by the Army enforcing provisions of the proclamation as they advanced through Texas to free the last American slaves and officially put an end to slavery in the U.S. I invite you to understand the tremendous determination of these Soldiers, some of them Black Americans themselves, as they rode towards communities where democracy was being resisted. Not too different from our most recent wars to ensure democracy would succeed.

As we embrace the reopened borders, goods and services around us, it's essential we remember how we got here. Ensure you continue practicing what you preach as health care professionals, not just to follow the rules, but for your own safety, the safety of those around you, and those you love.

So let us tackle tomorrow with courage, be open to change, and to all the fathers out there, happy Father's Day.

Patient Caring Touch System Compassion

a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.



Why is Compassion Important? Compassion is the foundation of an ethical life. Compassion is realizing that the other person is just like you. That recognition is the basis on which you can develop compassion not only towards those around you but also towards your enemy. **Compassion** is one of the most important values for taking care of others. Everyone deserves compassion.

Here at LRM, taking care of others is our prime focus. We are **caregivers** and may not take the time to take care of ourselves but as important as it is to be compassionate with others, we need to start with ourselves. Watch out for compassion fatigue. We can not give what we do not have.



U.S. Air Force Maj. Shannon Buck, a dermatologist at Landstuhl Regional Medical Center (LRMC), provides a skin cancer screening for military spouse Judy Srey on May 3, 2022. The LRM Dermatology Clinic provided screenings to DOD civilians, retirees, and dependents during the first week in May as part of Skin Cancer Awareness Month.

One in five Americans will develop skin cancer by the age of 70, making it is the most common cancer in the U.S. To help raise awareness of protecting and preventing skin cancer, Landstuhl Regional Medical Center's (LRMC) Dermatology Clinic provided free skin cancer screenings for 240 DOD civilians, retirees, and dependents during the first week of May as part of Skin Cancer Awareness Month.

While the clinic regularly screens and treats Service Members, DOD

civilians, retirees and family members often rely on space-available care for the clinic, making early detection complicated.

"These patients typically have the highest skin cancer burden in our community and need to be seen by a dermatologist," said U.S. Air Force Maj. Shannon Buck, officer in charge at the LRM Dermatology Clinic. "Getting in to see a dermatologist at the MTF or on the economy can be challenging due to access. We want to reach as many patients as

possible."

Judy Srey, a military spouse who said her family has a history of the skin cancer melanoma, participated in the screenings. She said that everyone should have these medical resources to help identify potential warning signs.

"This is a great opportunity for people who have concerns and don't have access to a provider here in Germany," she said. "My family has had melanoma in the past, and

Sunnier days are here LRMC provides skin cancer screenings

By John Ciccarelli
Public Affairs Specialist
Landstuhl Regional Medical Center

I want to make sure that I don't have to go through the treatment they did."

During the screenings, LRM dermatologists discussed the proper use of sunscreen, sun avoidance, skin cancer types, and how to conduct checks at home. The U.S. Food and Drug Administration (FDA) recommends the use of broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days. It also encourages wearing clothing

to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. If you can, limit your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are the most intense.

The LRM Dermatology Clinic provides care to diagnose and treat all forms of inflammatory and neoplastic conditions of the skin, hair, and nails. The clinic provides consultative

services to the U.S. European Command area.

"LRMC's goal is to provide high-quality, compassionate, and safe patient care," Buck said. "This not only applies to our active-duty population, but also to civilians, retirees, and dependents. If those individuals' medical needs aren't taken care of, then the mission and readiness can suffer."

Understanding Skin Cancer Risks

- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
 - Even if the weather is cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
 - Anyone can get skin cancer, but certain behaviors put you at higher risks.
 - The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole.
- Check your skin regularly for changes and consult with a dermatologist to address any concerns.

For more information on staying safe from sun exposure, visit [fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses](https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses). Learn more about the LRM Dermatology Clinic at landstuhl.tricare.mil/Health-Services/Specialty-Care/Dermatology.

LRMC Celebrates National Nurse, Medic, Tech Week

By John Ciccarelli
Public Affairs Specialist
Landstuhl Regional Medical Center



National Nurses Week is celebrated each year from May 6-12, and Landstuhl Regional Medical Center (LRMC) recognized the crucial contributions of medical professionals with its own Nurse, Medic, Tech Week.

National Nurses Week is celebrated each year from May 6-12, and Landstuhl Regional Medical Center (LRMC) recognized the crucial contributions of medical professionals with its own Nurse, Medic, Tech Week.

This year's National Nurses Week theme "Nurses make a difference," was demonstrated throughout the week by LRMC leaders who hosted a special events including yoga classes, entertainment and camaraderie-building events such as bowling night. Additionally, six LRMC medical professionals were honored for their dedication to high-quality, compassionate and safe patient care:

Advanced Practice Registered Nurse (APRN) of the Year:

Brigitte Grissom, Neonatal Intensive Care Unit

Registered Nurse (RN) of the Year:

Josia Onyango, Internal Medicine Clinic

Licensed Practical Nurse (LPN) of the Year:

Army Cpl. Elizabeth Rice, Medical-Surgical Ward

Medic of the Year:

Army Spc. Andrew Kuhlman, Emergency Department

Technician of the Year:

Army Spc. QuDarius Clayton, Orthopedic Clinic

Preceptor of the Year:

Army 1st Lt. Nixie Westling, Medical-Surgical Ward

"LRMC has superb nurses who make a difference every day and being selected means a lot," Onyango said. "(Nurse, Medic, Tech Week) is important because it's a week that (medical staff) get appreciated and honored for what they do and their contributions to world health care."

National Nurses Week was founded in 1994. The week ends on May 12 each year to coincide with the birthday of Florence Nightingale, who is widely regarded as a pioneer of modern nursing.

"It is important that we show appreciation to all supporting staff and appreciate that everyone plays a role in us being successful as a team," Clayton said. "Nurse, Medic, Tech Week does a great job of doing just that."()



(Above) As part of International Nurses Day, Landstuhl Regional Medical Center (LRMC) recognized host nation medical professionals by inviting them to tour LRMC and discuss best practices, May 12. Medical Professionals from the German Armed Forces (Bundeswehr), and medical facilities around Rheinland Pfalz joined LRMC nurses, medics and technicians to celebrate.

Watch NMTW Opening Ceremonies here

Landstuhl Regional Medical Center and Wiesbaden Army Health Clinic Staff were recognized for their Evidence-Based Practice presentation during LRMC's Research / EBP Showcase, part of Nurse, Medic, Tech Week at LRMC, May 10.



(From left) Army Command Sgt. Maj. John Contreras and Army Col. Andrew Landers, LRMC Command Team, recognize (from left) Advanced Practice Registered Nurse (APRN) of the Year - Ms. Brigitte Grissom, Neonatal Intensive Care Unit, Registered Nurse (RN) of the Year - Josia Onyango, Internal Medicine Clinic, Licensed Practical Nurse (LPN) of the Year - Cpl. Elizabeth Rice (not present), Medical-Surgical Ward, Preceptor of the Year - 1st Lt. Nixie Westling, Medical-Surgical Ward, Technician of the Year - Spc. Qu Darius Clayton, Orthopedic Clinic and Medic of the Year - Spc. Andrew Kuhlman, Emergency Department (not present), during closing ceremonies for Nurse, Medic, Tech Week 2022, on May 12.

Two dozen Soldiers from across Europe competed in the Regional Health Command Europe Best Leader competition May 23-26 at Landstuhl, Germany. The grueling four-day competition consisted of; day and night land navigation, Army Combat Fitness Test, weapons zero and qualification, a rugged terrain course and 12-mile road march, one mystery event, a 50-question written examination and an oral board.

RHCE Soldiers compete in 2022 Best Leader competition

By Kirk Frady

Public Affairs Specialist
Regional Health Command Europe

Two dozen Soldiers from across Europe competed in the Regional Health Command Europe Best Leader competition May 23-26 at Landstuhl, Germany.

Six-person teams from each of RHCE's four direct reporting units competed for a chance to represent RHCE at the MEDCOM Best Leader competition in June.

The grueling four-day competition consisted of; day and night land navigation, Army Combat Fitness Test, weapons zero and qualification, a rugged terrain course and 12-mile road march, one mystery event, a 50-question written examination and an oral board.

"The Best Leader competition is designed to promote "esprit de

corps" while recognizing Soldiers who demonstrate a commitment to the Army values and embody the warrior ethos," said Command Sgt. Maj. Kyle Brunell, Regional Health Command Europe. "This competition recognizes these Soldiers for their ability to perform a wide variety of warrior tasks and battle drills, their knowledge of various military subjects, and their superb military bearing and communication skills."

When the dust settled and the points were tallied, the winners of the RHCE Best Leader competition were:

Best Squad Category:

Landstuhl Regional Medical Center

- 1st Lt. Zachary Rojas
- Staff Sgt. Christian Manjarrez
- Sgt. Dean Santos
- Spc. Emilia Grant
- Spc. Caleb Nawman
- Spc. Jhoshua Alfaro

Junior Officer Category:

- Capt. John Brandsma, Public Health Command Europe

Non-Commissioned Officer Category:

- Sgt. Jhoshua Alfaro, Landstuhl Regional Medical Center

Junior Soldier Category:

- Spc. Caleb Nawman, Landstuhl Regional Medical Center

While individuals from each DRU team competed together as a squad, participants were evaluated individually in each category to determine who was the top Junior Officer, Non-commissioned Officer and Junior Soldier. The top officer, top two NCOs and top three Soldiers from the competition will form an RHCE squad that will compete at the MEDCOM Best Leader Competition at Fort Benning, Ga. in June.

RHCE's Best Leader Squad is:

- Capt. John Brandsma
Public Health Command Europe
- Staff Sgt. Joseph Tokash
MEDDAC-Bavaria
- Sgt. Jhoshua Alfaro
Landstuhl Regional Medical Center
- Spc. Caleb Nawman
Landstuhl Regional Medical Center
- Spc. Bradford Carter
MEDDAC-Bavaria
- Pfc. Brandon Smith
MEDDAC-Bavaria

According to senior Army officials, maintaining the readiness of the medical force is vitally important to the overall readiness of the Army.

"It takes a special kind of Soldier to do these type of things," said Brig. Gen. Mark Thompson, RHCE commanding general. "Being a Soldier is already a full-time job, and the fact that you took the time to train and prepare to represent your organization makes you all winners in my book."

Thompson challenged the competitors to take what they learned from the competition and teach others and motivate them to compete.

Spc. Bradford Carter, a behavioral health technician from the MEDDAC Bavaria Team, says that he enjoyed the opportunity to participate in the Best Leader competition.

"This is exactly what I signed up for," Bradford said. "This type of training challenges you mentally and physically. It makes you a better Soldier, a better teammate, a better leader and a better follower."

During the awards ceremony, Brunell thanked the competitors for their hard work and dedication and challenged them to continue to improve.

"I am one proud, sergeant major," said Brunell. "Seeing what you endured and how hard you worked to persevere, made me so proud. You have all represented your commands well, and I know our team will make us all proud at the MEDCOM competition!"

[Watch the video story here](#)

LRMC CNS fuels progression in Military Medicine

By Marcy Sanchez
Chief, Public Affairs
Landstuhl Regional Medical Center

A decade ago, newly minted Army Nurse Corps officer, Rebecca Dindinger's future was outlined on a 3-by-3 inch note

Before tackling ROTC throughout college, Dindinger knew she wanted to make a difference. She thought she could accomplish this not just by becoming a nurse but becoming an Army nurse and take care of Service Members and their families. Following her graduation in 2010, Dindinger found her calling in the Labor and Delivery Ward.

"I thought (being able to serve) was really awesome. We were in the height of war, and I really felt like that was a way I could give back," said Dindinger, now a major working at Landstuhl Regional Medical Center's Division of Women's Health and Newborn Care. "I noticed that the nurse was always in the room a little bit more than the provider was, so (nursing) is what I wanted to do and how I wanted to take care of people."

After observing the attention to patient care Clinical Nurse Specialists (CNS) demonstrated, Dindinger knew there was more she could do to help patients and the Military Health System.

"I had a great clinical nurse specialist, she was doing lots of education and teaching and keeping us up on the latest research," says the Lilburn, Georgia native. "Then I went to my

next duty station and had another great CNS, doing the same thing."

Knowing the potential Dindinger demonstrated, the CNS encouraged her to pursue further education toward advanced practice to better serve patients and staff.

"Research and evidence-based practice really helps military medicine stay at the forefront of the care we provide. Both help (medical professionals) do the best we can for our patients."

- U.S. Army Maj. Rebecca Dindinger
Clinical Nurse Specialist
LRMC

"She sat down and planned out my life on a note, she was my second call after I got into graduate school," said Dindinger.

Clinical Nurse Specialists are Advanced Practice Registered Nurses (APRNs) who not only provide patient care but specialize in mentoring, educating and progressing clinical practices in specific patient populations.

"Research and evidence-based practice really helps military medicine stay at the forefront of the care we provide. Both help (medical professionals) do the best we can for our patients," said Dindinger.

History links military medicine to

medical advancements, particularly in trauma care. Today, the U.S. Armed Forces have unprecedented survival rates for combat casualties arriving to military treatment facilities, as high as 98 percent. It's through technology, research and lessons learned that these advancements have been possible. According to Dindinger, these innovations save lives.

Today, Dindinger serves as the



U.S. Army Maj. Rebecca Dindinger, clinical nurse specialist, Division of Women's Health and Newborn Care, Landstuhl Regional Medical Center, discusses patient care and processes with medical staff at LRMC's Neonatal Intensive Care Unit, May 13. Dindinger was recently recognized for her research and presentation at the annual TriService Nursing Research Program's Research and Evidence-Based Practice Dissemination Course.

CNS for her ward, while still heavily involved with mentoring and assisting novice Service Members interested in the research field.

"It's really rewarding for me, to help grow the bench because I know someday I'm going to retire from the military, it's important to build the people that are coming up in the field," she said.

A testament of her dedication to research and advancing military medicine was demonstrated recently when Dindinger received honors at the annual TriService Nursing Research Program's Research and Evidence-Based Practice Dissemination Course, where she earned the Outstanding Podium Presentation Award for her presentation on Intimate Partner Violence (IPV) during pregnancy, a topic she unfortunately knows too well.

"I'm really passionate about it because I'm a victim of emotional abuse and (IPV) from my first marriage. It really influences maternal child outcomes both during the pregnancy and for the life of the child," shared Dindinger. "I was an Army officer and no one ever asked me (if she was a victim of IPV) so I hope my experience and research can help make a difference in someone else's life. I got to talk to leaders from across the

Department of Defense and hopefully influence them to address this issue and help build our health systems better to address IPV."

Amusingly, Dindinger's award-winning presentation during the course was outlined on a 3-by-3 inch note.

"You can give a 15 or 30 minute presentation from a (note). I think we tend to forget that we can do that sometimes," suggested Dindinger.

ONE CNS to every **37.5** nurses

Hill Top Cafe / Warrior Restaurant

June Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			LUNCH Hispanic Pork Chops Chinese 5 Spice Chicken Squash Casserole Soup: Tortilla Soup DINNER Paella Stuffed Peppers Chili Macaroni	LUNCH Greek Lemon Chicken Beef Stifado Indian Korma Soup: Loaded Baked Potato DINNER Spinach Lasagna Chicken Tetrazzini	LUNCH Chicken Lasagna Orange Glazed Salmon Veg Lentil Chili Soup: Cream of Broccoli DINNER 3 Cheese Penne Pasta Pepper Steak	LUNCH Ground Beef Yakisoba Garlic Herbed - Chicken Breast Vegan Spaghetti DINNER Vegetarian Lasagna Chicken Pot Pie
LUNCH Yankee Pot Roast Glazed Ham Vegetarian Hopping John DINNER Tortellini W/ Alfredo Sauce BBQed Beef Cubes	LUNCH Bulgogi Sweet & Sour Chicken Vegetarian Pancit Bihon Soup: Red Thai Chicken Curry DINNER Spinach 7 Mushroom Quiche Honey Chipotle Chicken	LUNCH BBQ Pork Loin Caribbean Jerk Chicken Spinach Lasagna Soup: Hearty Tomato DINNER Creole Chicken Qtr Broccoli Cheese & Rice Casserole	LUNCH Beef Carne Asada Baja Baked Cod Vegetarian Paella Soup: Chicken Tortilla DINNER Eggplant Parmesan Beef Lasagna	LUNCH Shrimp Scampi Parmesan Chicken Pasta Primavera Soup: Spicy Black Bean DINNER Italian Broccoli Pasta Spicy Turkey Meat Loaf	LUNCH Salmon w/ Herbed Vinaigrette Honey Ginger chicken Vegetarian Chickpea Curry Soup: Minestrone DINNER Vegetable Curry & Rice Turkey a la King	LUNCH Salisbury Steak Savory Baked Chicken Italian Broccoli Pasta Carrots, Buttered Egg Noodles DINNER Broccoli Quiche Stuffed Bell Peppers
LUNCH Roasted Turkey Battered Pollock Vegan Sloppy Joe DINNER Vegetarian Jambalaya Meat loaf	LUNCH Almond Crusted Cod Beef Pot Roast Vegetarian lasagna Soup: Chicken Noodle DINNER Black Bean Vegan Chili Rosemary Chicken	LUNCH BBQ Pork Loin Caribbean Jerk Chicken Spinach Lasagna Soup: Hearty Tomato DINNER Creole Chicken Qtr Broccoli Cheese & Rice Casserole	LUNCH Hispanic Pork Chops Chinese 5 Spice Chicken Squash Casserole Soup: Tortilla Soup DINNER Paella Stuffed Peppers Chili Macaroni	LUNCH Greek Lemon Chicken Beef Stifado Indian Korma Soup: Loaded Baked Potato DINNER Spinach Lasagna Chicken Tetrazzini	LUNCH Chicken Lasagna Orange Glazed Salmon Veg Lentil Chili Soup: Cream of Broccoli DINNER 3 Cheese Penne Pasta Pepper Steak	LUNCH Ground Beef Yakisoba Garlic Herbed - Chicken Breast Vegan Spaghetti DINNER Vegetarian Lasagna Chicken Pot Pie
LUNCH Yankee Pot Roast Glazed Ham Vegetarian Hopping John DINNER Tortellini W/ Alfredo Sauce BBQed Beef Cubes	LUNCH Bulgogi Sweet & Sour Chicken Vegetarian Pancit Bihon Soup: Red Thai Chicken Curry DINNER Spinach 7 Mushroom Quiche Honey Chipotle Chicken	LUNCH BBQ Pork Loin Caribbean Jerk Chicken Spinach Lasagna Soup: Hearty Tomato DINNER Creole Chicken Qtr Broccoli Cheese & Rice Casserole	LUNCH Beef Carne Asada Baja Baked Cod Vegetarian Paella Soup: Chicken Tortilla DINNER Eggplant Parmesan Beef Lasagna	LUNCH Shrimp Scampi Parmesan Chicken Pasta Primavera Soup: Spicy Black Bean DINNER Italian Broccoli Pasta Spicy Turkey Meat Loaf	LUNCH Salmon w/ Herbed Vinaigrette Honey Ginger chicken Vegetarian Chickpea Curry Soup: Minestrone DINNER Vegetable Curry & Rice Turkey a la King	LUNCH Salisbury Steak Savory Baked Chicken Italian Broccoli Pasta Carrots, Buttered Egg Noodles DINNER Broccoli Quiche Stuffed Bell Peppers
LUNCH Roasted Turkey Battered Pollock Vegan Sloppy Joe DINNER Vegetarian Jambalaya Meat loaf	LUNCH Almond Crusted Cod Beef Pot Roast Vegetarian lasagna Soup: Chicken Noodle DINNER Black Bean Vegan Chili Rosemary Chicken	LUNCH Pulled Pork Szechwan Chicken Zucchini Pancakes Soup: Corn Bisque DINNER Eggplant Parmesan Chicken & Rice Casserole	LUNCH Hispanic Pork Chops Chinese 5 Spice Chicken Squash Casserole Soup: Tortilla Soup DINNER Paella Stuffed Peppers Chili Macaroni	LUNCH Greek Lemon Chicken Beef Stifado Indian Korma Soup: Loaded Baked Potato DINNER Spinach Lasagna Chicken Tetrazzini		

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. The Hill Top Cafe now accepts all Visa and Mastercard transactions (not just contactless)! 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 Capt. Brennan James (left) relinquishes command to Army Capt. Shem Umana, (right) during a change of command ceremony for C Company, Troop Command, at LRMC's Chapel, May 16. Charlie Company is the largest of the four companies within the LRMC Troop Command and is responsible for the oversight and readiness of nearly 900 Soldiers, Civilians and Local Nationals.



The U.S. Army Surgeon General and Commanding General, U.S. Army Medical Command, Lt. Gen. R. Scott Dingle and Command Sergeant Major, U.S. Army Medical Command Command Sgt. Maj. Diamond D. Hough present a coin to Pia Kessler, Property Book Office supervisor, Logistics Division, LRMC, during a town hall hosted by The Surgeon General.



Army Command Sgt. Maj. John Contreras and Army Col. Andrew Landers, LRMC Command Team, joined USO and American Red Cross staff to cut a cake in honor of the 16th-annual LRMC Appreciation Day hosted by the USO Warrior Center on Friday, May 20, 2022.