Announcements:

- If you have questions before the 16 JUL Command Town Hall please be sure to submit them to your CoC as soon as possible!
- We are accepting letters/well wishes for MIDN 1/C Bishop while she is as OCS, feel free to write a brief message and it will be passed along. Submit your work to MIDN 2/C Boyle at: bboyle89@gwu.edu
- Want to share what you are doing this summer with the battalion in the BLUF? Contact MIDN 1/C Saville at: iansaville@gwu.edu

Eye on the Fleet:

- The USS Theodore Roosevelt CVN-71 returned to port in San Diego this week after its deployment was interrupted by COVID-19 (Click Here)
- Ever wondered how the navy names their ships? The guidelines were just outlined for Congress and some exciting new names were proposed. (Click Here)

Mids of the Week:

Congratulations to MIDN 1/C Cavanaugh, MIDN 1/C Cruze, MIDN 1/C Haupt, and MIDN 1/C Woodsome. Congratulations and Bravo Zulu to our new Marines.

Iron Hippo:

Good work on getting DOUBLE points for running this week! As of now, Bravo Company is in 1st place in the competition, Charlie Company is in 2nd place, Alpha Company is in 3rd place, and HQ Staff are in last place. This week, there will be DOUBLE points for pull-ups!

Weekly Workout:

1 mile warm up
10 pushups
20 burpees
30 squats
40 lunges
50 min climbers
60 sec planks
"X3 Rounds" 1 mile cool down

Media Review:

The Terrible Hours: The Greatest Submarine Rescue in History by Peter Maas: The date is May 23rd 1939, and several hundred feet below the Atlantic waves just off the East Coast of the United States the surviving crew members of the USS Squalus huddle together in the freezing darkness. Their submarine has gone down. Miraculously, thirty-three men still survived. How these sailors were raised from the ocean depths lies in the ingenuity of one man - U.S. Navy officer Charles “Swede” Momsen. Maas interweaves the moment-by-moment action of the disaster with the man at its center, whose leadership was the seal that held against the water pressure. -MIDN 2/C Macyko